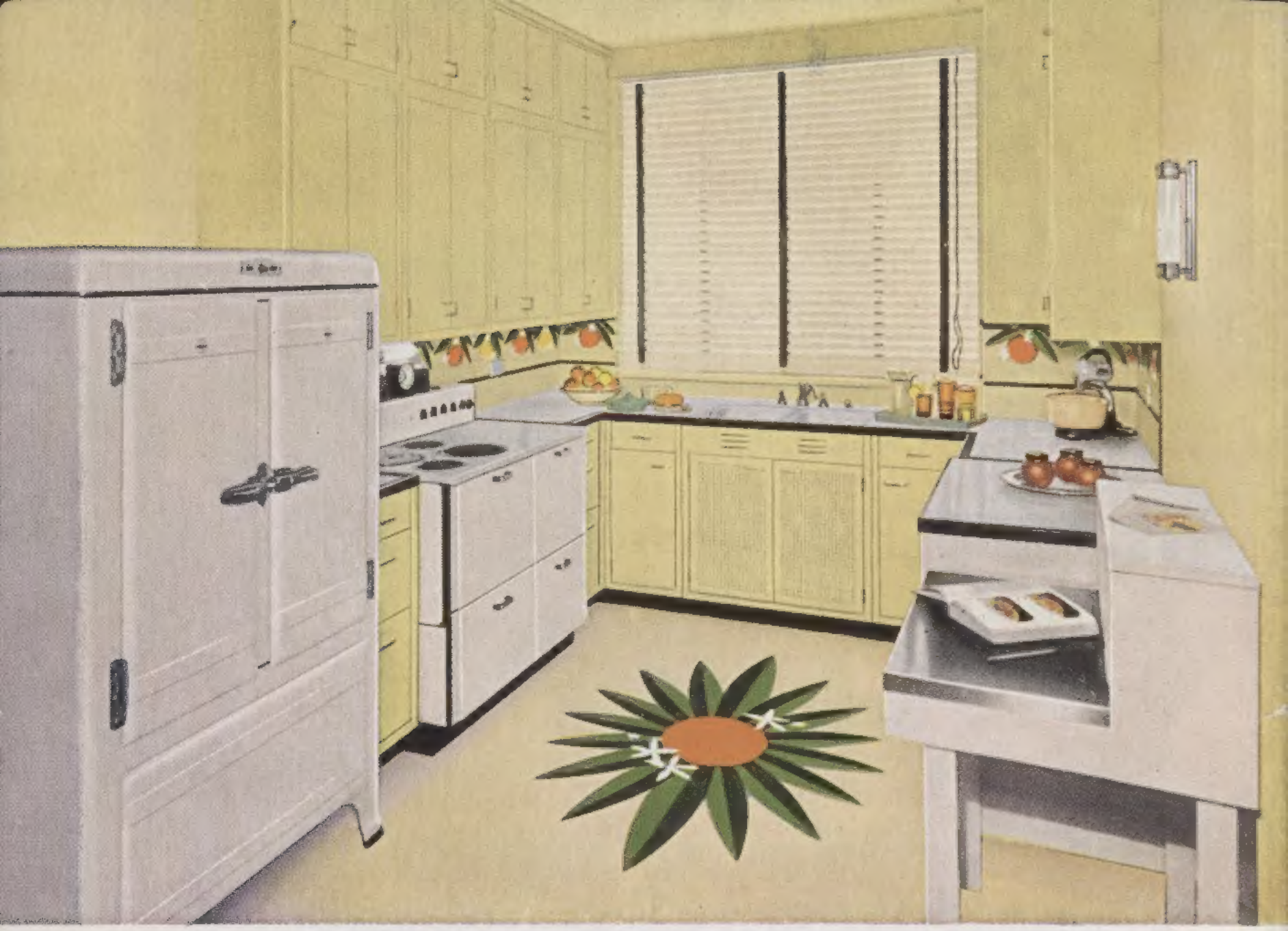
FOR VIGOROUS HEALTH-

SUNKIST RECIPES

for Every Day



The New Sunkist Kitchen

The new Sunkist Building at Los Angeles houses a model recipe and diet kitchen. As can be seen from the illustration above, it is compact and complete to the last detail of design and equipment.

The primary function of this new feature in Sunkist food service is the origination and testing of Sunkist orange and lemon recipes for practical every day use in the home. Even the simple ten minute salads and five minute desserts, which Sunkist has made famous, are tested carefully for flavor balance. Fresh citrus fruit recipes are delicious to eat and in addition they supply all four of the now-known protective food essentials necessary for a balanced diet.

The Sunkist kitchen is your assurance that orange and lemon recipes released by the growers of this internationally known brand of fresh citrus fruits will give you complete satisfaction.

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California Fruit Growers Exchange
Los Angeles, California

Food value of Citrus Fruits

Lazy Daisy Salad

ORANGES and lemons are valuable and necessary parts of the well-balanced diet because:

1. They aid digestion.
2. They supply vital food elements that counteract tooth decay and gum troubles.
3. They prevent and correct acidosis.
4. They promote the retention of calcium and phosphorus.
5. They furnish laxative bulk of the best type.
6. They stimulate growth in children.

These beneficial results are partially due to the fact that oranges and lemons contribute to the diet:

1. *Vitamins:* The protective food elements necessary for health and proper growth. These fruits contain Vitamins A, B and C, being particularly rich in Vitamin C. This vitamin is readily destroyed by heat in cooked foods. Oranges, lemons and grapefruit supply it in an uncooked and easily secured form. Because Vitamin C cannot be stored in the body, some food containing it should be eaten daily.
2. *Alkaline Salts:* Which leave an alkaline-ash in the process of digestion. They are valuable in balancing the acid of other good and necessary but acid-ash foods, such as meats, eggs, fish, fowl, breads and cereals.
3. *Minerals:* That build strong bones and teeth, rich blood, nerve tissue and help to regulate the body. Oranges contain calcium, phosphorus and iron.
4. *Fruit Sugar:* Furnishing quick energy. A large orange will supply 100 calories. The sugar in an orange is very easily digested and oranges furnish a healthful form of sweets for between-meal lunches.
5. *Fruit Acids:* These give oranges and lemons their delicious, refreshing flavor and stimulate the appetite. Thus they also aid digestion and are slightly laxative in effect.
6. *Cellulose:* Cellulose is valuable for its laxative effect.
7. *Water:* Mother Nature has bottled pure water in oranges, lemons and grapefruit in germ-proof containers. Fresh fruit drinks made from these fruits are better than artificial beverages.

For more complete information about the nutritional and healthful qualities of Sunkist oranges and lemons, write for free health booklet, "Fruits That Help Keep the Body Vigorous," addressing: California Fruit Growers Exchange, Sunkist Building, Los Angeles, California.

Preparation of Fruit

PREPARATION OF ORANGES FOR SALAD AND DESSERT USES

SUNKIST oranges have special value for salad and dessert uses. In addition to excellence of flavor, they are practically free from seeds and have a firm meat, easy to prepare in the slices and segments used for these dishes. Large or medium size fruit segments well, small fruit slices better.

Segments: With a sharp knife, peel down to juicy meat, removing all outer skin and membrane. Cut on either side of each dividing membrane and remove meat, segment by segment.

Slices: Peel fruit down to juicy pulp. Cut in thin, even slices. Slices may be halved or quartered for easier handling.

Pieces: Cut segments or slices in pieces.

Shells: Attractive baskets for the serving of fruit cups, salads and desserts are also made from the clean, waxy-textured skins of Sunkist oranges. . . (See directions, page 21.)

Note: Save any escaping juice in preparing segments or slices and use for salad dressings and marinades. . . (See pages 24-25.)

JUICE PREPARATION

See Orange Juice, page 26.

BREAKFAST PREPARATION

Arrange Sunkist orange slices or segments on plates in attractive design, sweetening, if desired, with honey or maple syrup.

FLAVOR USES OF PEEL

Grated orange and lemon rind are used by the best cooks to flavor cakes, pies, breads, desserts, frostings, fillings and sauces, being preferred for flavor and economy to commercially prepared extracts.

In grating, only the yellow portion of the rind should be removed. This yellow portion contains the oil cells from which come the oils that give flavor.

Sunkist oranges and lemons have clean skins of waxy texture, especially suited for grated rind and ground peel.

Grated Peels: Grate only the yellow portion. Use fresh or mix with sugar and keep in a tightly covered jar.

Ground Peels: The whole peel may be ground fine and used like grated rind.

Candied Peels: See page 8.

Peeling ***Segmenting*** ***Slicing***

Appetizers

FRESH fruits, especially oranges and lemons, stimulate appetite and are thus excellent for first course service. They may take the form of cocktails, fruit cups, appetizer salads, or the popular service of hors d'oeuvres.

ORANGE JUICE WITH OTHER FRUITS

For a quickly prepared appetizer or dessert, serve Sunkist orange juice over one of these fruits: Sunkist grapefruit segments, sliced bananas or peaches, strawberries, raspberries or melon balls. Sweeten or not as desired. The orange juice may replace cream and, unsweetened, it is especially recommended in reducing diets for this use.

HOLIDAY FRUIT CUP

(Serves 12)

6 Sunkist oranges
2 small Sunkist grapefruit
1 cup white cherries, stoned
6 tablespoons Sunkist lemon juice
2 cups powdered sugar
Rubyettes and emrelettes

Segment oranges and grapefruit (see directions, page 3). Combine fruits and sprinkle with lemon juice and sugar. Chill. Garnish with rubyettes and emrelettes.

To develop color note of the red and green garnishes further, serve fruit in double cocktail glasses with finely chopped green or red-tinted ice in outer glass. Make ice in automatic refrigerator from water tinted with vegetable coloring.

SUNKIST COCKTAIL

(Serves 4-6)

¼ cup Sunkist lemon juice
½ cup Sunkist orange juice
¼ cup sugar
Few grains salt
1 cup ginger ale (or carbonated water)

Combine and pour over cracked ice in cocktail glasses. Garnish with mint sprigs or maraschino cherries.

LEMON FRUIT COCKTAIL SAUCE

(Serves 6-8)

½ cup sugar
1 cup water
2 tablespoons any red jelly

Boil for 5 minutes. Cool. Add:

¼ cup Sunkist lemon juice

Pour over:

2 cups any diced fruit mixture (or melon balls)

Serve chilled in cocktail glasses.

Variation: For jelly, substitute ⅛ teaspoon each of cinnamon and nutmeg.

LEMON COCKTAIL SAUCE FOR SHELL-FISH

(Serves 6)

1 tablespoon prepared horseradish
3 tablespoons tomato catsup
1 teaspoon salt
6 tablespoons Sunkist lemon juice
¼ teaspoon tabasco sauce

Blend well. Serve very cold over oysters or clams in cocktail glasses. Or serve in baskets made from Sunkist lemon rind, with fish on half shell.

OTHER APPETIZER SUGGESTIONS

For first course or appetizer salads, see page 16. See also Fruit Juice Cocktails with Sunkist lemon garnish (page 12); Fruit Cup Dessert (page 32).

CITRUS FRUIT CUPS

(Serve 1)

Orange Cherry Cup: For each serving, allow 1 Sunkist orange. Peel and segment (see directions, page 3). Arrange segments in cocktail glass. Cover with orange juice saved in preparing segments together with Sunkist lemon juice and sugar to taste. Serve very cold, garnishing each cup with 5 or 6 cherries (maraschino, candied or fresh).

Orange Fruit Cup: For cherries, substitute: banana or melon balls, berries or grapes. Top with 1 maraschino cherry.

Orange Mint Cup: Crumble 2 or 3 wafer mints (peppermint flavor) over orange segments. Garnish with mint sprigs or mint cherries.

Orange Grapefruit Cups: Replace half of the orange segments in above recipes with Sunkist grapefruit segments.

ECONOMY FRUIT CUP

(Serves 6-8)

1 cup Sunkist orange segments
¾ cup Sunkist orange juice
1 cup long, slender, red-skinned apple pieces (unpeeled)
½ cup shredded dates
2 tablespoons Sunkist lemon juice
2 tablespoons sugar

Combine. Serve very cold.

Dessert: Serve larger portions.

ICED ORANGE APPETIZER

(See illustration on this page)
(Serves 4)

1 tablespoon gelatine
¼ cup cold water

Let stand 5 minutes. Add:

1 cup Sunkist orange juice, heated over hot water
¾ cup sugar

Stir until dissolved. Cool. Add:

2 cups Sunkist orange juice
2 tablespoons Sunkist lemon juice

Chill several hours. Stir occasionally. Add:

1 cup Sunkist orange pieces

Serve ice cold, garnishing with additional orange segments.

FRUIT HORS D'OEUVRES PLATE

Arrange groups of the following on a serving plate or platter. For fruits given, other fruits may be substituted in season.

Orange Segments: Remove all membrane from Sunkist orange segments (see page 3). Roll in toasted coconut.

Orange Slices: Cut slices of peeled Sunkist oranges with scissors on each place where segments join and spread apart. Garnish with stuffed olive slices.

Berries: Frost tips with fondant made of powdered sugar thinned with water to spreading consistency. If strawberries are used do not remove hulls.

Cherries: Dip in honey and ground nuts.

Banana Sections: Marinate in Sunkist lemon juice. Decorate with rosettes of whipped cream from pastry tube and garnish with red jelly or rubyettes.

Dates and Prunes: Stuff with cream cheese, moistened with Sunkist lemon juice. Serve on orange slices.

Lemon Baskets: Make from Sunkist lemon rind and fill with salted nuts or Candied Orange Peel (recipe, page 8).

Breads, Biscuits & Waffles

ORANGE SHORTCAKE
(Biscuit Dough)
(Serves 6-8)

Make regular biscuit dough for shortcake. Bake in 2 cakes, placed one on top of the other. Put layers together and spread top with Orange Shortcake Filling.

ORANGE SHORTCAKE
(Sponge Cake Layers)
(Serves 6-8)

Bake Orange Sponge Cake (see recipe, page 36) in 2 layers. Put together and top with Orange Shortcake Filling.

ORANGE WAFFLE SHORTCAKE
(See illustration on this page)
(Serves 8-12)

1 teaspoon sugar
2 tablespoons melted butter
2 eggs
2 cups sweet milk
2 tablespoons cornmeal
½ teaspoon salt
4 teaspoons baking powder
2 cups flour

Mix sugar and butter, add eggs and beat thoroughly. Add milk and sifted dry ingredients. Cook in well-greased waffle iron. (For an electric iron, which is not greased, use 5 to 6 tablespoons melted butter in batter.) Use 2 waffles for a shortcake. Fill, and top with:

ORANGE SHORTCAKE FILLING
(Sufficient for 1 two-layer cake)

6 Sunkist oranges
Powdered sugar
Whipped cream or Sunkist orange juice sauce

Peel oranges, removing all white membrane. Separate into segments. Sweeten with sugar; spread between layers and on top. Serve with whipped cream, or sauce made with juice of 2 oranges and ¾ cup sugar.

ORANGE FROSTED DOUGHNUTS

Frost doughnuts with Sunkist Butter Icing (see recipe, page 39).

ORANGE WAFFLES
(Serves 4-6)

2 eggs, beaten
½ cup sugar
2 teaspoons grated Sunkist orange rind

Beat these together. Sift:

1¾ cups pastry flour
2½ teaspoons baking powder
¼ teaspoon salt

Add to first mixture alternately with:

⅓ cup Sunkist orange juice
1 tablespoon Sunkist lemon juice

Add:

½ cup melted butter

Cook on ungreased waffle iron. Allow to cool, as waffles become crisp upon standing. Serve in sandwich form, putting 2 or 3 layers together with filling and topping of slightly sweetened whipped cream or ice cream. Garnish with orange slices or segments.

ORANGE TOAST
(Serves 6)

¼ cup Sunkist orange juice
1 teaspoon grated Sunkist orange rind
½ cup sugar
6 slices buttered toast

Mix orange juice, rind and sugar. Spread on hot buttered toast and put in hot oven or under broiler to brown.

ORANGE BREAD

(See illustration on page 9)
(Makes 1 loaf)

1 yeast cake
1 tablespoon sugar

Let stand a few minutes. Add:

1 cup Sunkist orange juice, heated to lukewarm
1 teaspoon salt
1 tablespoon butter
⅓ cup sugar
1 teaspoon grated Sunkist orange rind
3 cups flour

Beat well. Let rise until doubled in bulk. On board put:

½ cup flour

Knead this in with:

½ cup finely cut Candied Orange Peel

Shape into a loaf. Let rise until light. Bake in a moderate oven (375° F.) for 30 to 40 minutes.

LEMON TEA BISCUITS

(Makes 16-20 medium sized biscuits)

2 cups flour, sifted
¾ teaspoon baking soda
½ teaspoon salt
¼ cup sugar
⅓ cup shortening

Sift dry ingredients. Cut in fat. Add:

½ cup milk (fresh or evaporated)
3 tablespoons Sunkist Lemon juice (see suggestion, page 46)

Knead slightly on floured board. Form dough into small, marble-sized balls. Place 3 balls in each cup of a greased muffin tin. Sprinkle with sugar. Bake in hot oven (450° F.) 20 minutes.

ORANGE BAKING POWDER BISCUITS

(Makes about 18 biscuits)

2 tablespoons shortening
2 cups flour
4 teaspoons baking powder
¾ teaspoon salt
Grated Sunkist orange rind
¾ cup milk or water
Loaf sugar
2 Sunkist oranges, juice of
Powdered sugar

Work shortening into sifted dry ingredients. Add 1 tablespoon grated orange rind and milk or water. Roll and cut out. Put biscuit rounds together in two's with a sugar cube, moistened in orange juice, between. Spread tops with powdered sugar moistened with orange juice, sprinkle with orange rind. Bake in hot oven (450° F.) 15 minutes.

ORANGE ROLLS

(Yeast)
(Makes 2½ dozen medium sized rolls)

1 yeast cake
¼ cup lukewarm water
1 egg, well beaten
6 tablespoons melted shortening
1 teaspoon salt
½ cup sugar
¾ cup Sunkist orange juice
1 teaspoon grated Sunkist orange rind
3 cups flour

Combine ingredients in order given and beat until smooth, adding more flour if necessary. Knead until smooth and elastic. Let rise until doubled in bulk. Knead again and shape like Parker House rolls, placing half segments of orange pulp in center. Let rise again until doubled in bulk, bake in a hot oven (450° F.) 15 to 20 minutes. Serve warm, liberally covered with Sunkist Butter Icing (see recipe, page 39).

ORANGE RUSKS

(Makes 2½ dozen)

1½ cakes yeast (fresh or dry), crumbled
½ cup lukewarm water
2 cups Sunkist orange juice
½ cup shortening, melted
⅔ cup sugar
2 teaspoons salt
2 eggs, beaten
1 teaspoon mace (or ¼ teaspoon nutmeg or cardamon)
2 tablespoons grated Sunkist orange peel (or shredded Candied Peel)
8 cups flour

Soften yeast in lukewarm water. Mix together all other ingredients except the flour. Add yeast and flour. Beat well. Let rise until doubled in bulk. Stir the dough to break down the gas bubbles. Drop dough by spoonfuls into very well-buttered muffin pans, turning it over with spoon and fork to butter all surfaces. Let rise until very light. Bake in a hot oven (450° F.) for about 10 minutes until golden brown. When cooled slightly, spread tops with mixture of:

1 cup powdered sugar
I teaspoon Sunkist grated orange rind
¼ cup Sunkist orange juice

Variation: Bake as clover-leaf rolls.

Jellies

ORANGE and lemon marmalades, jellies, jams, candied peels and confections are wholesome sweets and should be liberally included in the diet, especially for children.

For recipes using peel, choose fruit with bright, clean skins, such as Sunkist oranges, lemons and grapefruit.

CANDIED ORANGE PEEL

Remove peel in quarters from 3 Sunkist oranges. Cover with water to which 1 teaspoon salt has been added. Boil 30 minutes. Drain. Boil in fresh water until tender, about ½ hour longer. Drain. Bring 1 cup sugar and ½ cup water to boil. Add peel. Boil gently until syrup is nearly absorbed. Drain. Roll in sugar. Use for confection (cut in strips) or for cooking (see Cooking Uses, page 9).

Candied Lemon and Grapefruit Peel: Substitute peel from 2 Sunkist grapefruit or 4 Sunkist lemons for orange. Cook in several fresh waters to remove bitterness from peel.

Colored Peel: Add red or green vegetable coloring to syrup, or roll strips in colored sugar.

Spiced Peel: Add a little cinnamon, clove or ginger to syrup. Tie spices in cloth to prevent darkening peel.

Chocolate Peel: Coat with melted dipping chocolate.

SANDWICH SUGGESTIONS

Sunkist Lemon Juice is an important flavoring ingredient in meat, fish, egg and other sandwich fillings, where added tartness and liquid are desired. Moisten filling with lemon juice to taste or use Lemon Butter (see directions for making, page 43), to spread bread before filling is added.

Sunkist Orange Juice combines especially well with dried fruits, such as chopped raisins, figs, dates and with chopped nuts to make flavorful fillings.

The following fillings will give suggestions for many others using Sunkist orange and lemon juice:

Orange Cheese Filling: Combine 1 part Sunkist orange juice with 2 parts cream cheese; blend thoroughly.

Orange Marmalade Fillings: Spread one slice of sandwich with Orange Marmalade (see recipe, page 10), one slice with cottage cheese, with cream cheese or with peanut butter. Toast sandwiches if desired.

Shrimp Butter: Combine 1 cup butter and 1 cup cooked shrimps pounded soft. Season with salt and cayenne to taste and moisten with ¼ cup Sunkist lemon juice.

Tuna Salad Sandwich Filling: Combine 1 small can white meat tuna, minced; ½ cup finely chopped celery; 1 bell pepper, minced; 2 tablespoons Sunkist lemon juice; and mayonnaise to spread.

FRUIT CARAMELS

Put through food chopper:

1 cup figs
1 cup seeded raisins
1 cup stoned dates
1 cup walnut meats
½ cup Candied Orange Peel

Moisten with:

2 to 4 tablespoons Sunkist orange juice

until of right consistency to make into small balls. Roll in powdered sugar.

Marmalades and Confections

COOKING USES OF CANDIED PEEL AND MARMALADE

Candied Peel: Use *strips* to decorate cakes and pies. Or *cut in bits* and use to flavor cakes, pies, puddings, breads.

Marmalade: Use to flavor cakes, pies, breads, puddings, frostings, fillings, sauces; to spread on quick breads, toast, waffles, sandwiches; as filling for cakes or pies; as sundae sauce for ice cream; as pudding sauce; as meat accompaniment.

Orange Bread

FRUIT PASTE

Cook for 20 minutes, stirring often:

¾ cup ground whole Sunkist oranges
½ cup Sunkist orange juice
2½ cups fruit pulp with its juice: apple sauce, stewed apricots or peaches (dried or fresh)

Add and cook 15 to 20 minutes longer, stirring constantly:

½ cup liquid pectin
½ cup light corn syrup
2 cups sugar

When mixture is consistency of a thick preserve, pour 1 inch deep into a shallow pan. When cold cut into desired shapes. Roll in powdered sugar.

ORANGE FONDANTS

Cook to a soft ball when tried in cold water:

⅔ cup Sunkist orange juice
½ cup evaporated milk
3 cups sugar
¼ cup butter

Pour onto a buttered platter and cool until mixture retains a dent made by the finger. Stir with a spatula or large spoon until smooth and creamy. Roll into balls, varying as follows:

Orange Nut Creams: Top balls with walnut halves.

Orange Cream Dates: Stuff stoned dates with balls.

Orange Creams: Top balls with strips of Candied Orange Peel.

Chocolate Orange Creams: Coat balls with melted dipping chocolate.

Orange Coconut Creams: Make balls of fondant mixed with coconut.

BITTER ORANGE MARMALADE

(Makes 6-8 glasses)

1 Sunkist grapefruit
2 Sunkist oranges
1 Sunkist lemon
¼ cup Sunkist lemon juice

Slice unpeeled fruit very thin. Add three times as much water as fruit. Boil 20 minutes. Measure. Bring to boiling point. Add ¾ cup sugar for each cup of fruit. Boil 25 minutes or until it gives the jelly test. Just before removing from fire add ¼ cup lemon juice. Pour into sterilized glasses; cover with paraffin when cold.

ORANGE MARMALADE

(Makes 12-18 glasses)

4 medium sized (or 3 large) unpeeled Sunkist oranges, halved and sliced thin
4 unpeeled Sunkist lemons, sliced thin

Measure fruit and add five times as much cold water. Any time during next 24 hours boil hard for 50 to 60 minutes. This should reduce quantity one-half.

Measure into 2 or 4 cup lots. Cooking 4 cups or less at one time gives a better flavor and color. If oranges were rather sweet, add additional lemon juice at this stage—about 1 tablespoon to 1 cup of fruit. Bring to boiling point. Boil 8 minutes. Add ¾ cup sugar for each cup of fruit.

Boil the first lot rapidly until it gives the jelly test of thick reluctant drops from the side of the spoon—not more than 10 minutes. If longer time is required, boil next lot correspondingly longer before sugar is added. Pour into sterilized glasses. Cover with paraffin when cold.

Causes for variation: Sweetness or tartness of fruit and ripeness of fruit cause variation. Fruit is richer in pectin when first ripe, needs less cooking and will, therefore, produce the maximum number of glasses. Variations in clearness of finished product are due chiefly to this fact. The shorter the time, the clearer and more delicate the jelly. Time of cooking and size and shape of cooking vessel also cause variation.

Recooking of marmalade tends to darken and to make the flavor strong. If it does not quite jelly on first cooking, stand in sunshine, without paraffin, for 24 to 36 hours.

LEMON CURD OR CHEESE

(Makes 1 pint or 3 glasses)

6 eggs, well beaten
2 cups sugar
½ cup Sunkist lemon juice
¼ cup butter

Cook over hot water until thick. Pour into sterilized glasses. Use for filling for tarts or cakes or as a spread for toast and hot biscuits.

ORANGE JELLY AND MARMALADE

(Makes about 4 glasses jelly and 2 glasses marmalade)

2 unpeeled Sunkist oranges
1 unpeeled Sunkist lemon

Slice fruit very thin. Measure and for each cup allow 4 cups water. Bring to boil. Boil 30 minutes.

For Jelly: Strain off 4 cups of clear juice. Bring this juice to boil. Add ¾ cup sugar for each cup juice. Boil hard until it gives the jelly test of thick sheet-like drops from the side of the spoon. Pour into sterilized glasses. Cover with paraffin when cold.

For Marmalade: Take remaining fruit and liquid, add ¾ cup sugar for each cup and proceed as when making jelly.

Note: This makes a thick marmalade with much orange peel and is especially good for cooking purposes where the marmalade is used for flavor.

If marmalade is *not desired,* strain off all clear juice after first boiling and make into jelly.

QUICK ORANGE JAM

(Makes 2 glasses)

2 cups Sunkist orange pulp and juice
1 Sunkist lemon, pulp and juice
1½ cups sugar

Boil quickly about 10 minutes or until syrupy and clear.

Baked Oranges

BAKED WHOLE ORANGES I

(Without Syrup)
(Serves 6-8)

6 to 8 Sunkist oranges

Preparation of Fruit: Slightly grate skin of whole oranges. Boil oranges 30 minutes. Cool. This is to make skin tender. Cut slice off blossom end of each orange. Remove core.

Filling: Crowd into each orange 1 teaspoon butter and 1 tablespoon sugar.

Method of Baking: Bake in a closely covered baking dish (glass or earthenware is best), filled two-thirds full of water, about 1½ hours in moderate oven (375° F.). Time will depend on size of oranges.

Sauce: Add 1 tablespoon cornstarch and ¼ cup orange juice to each ¾ cup remaining liquid. Heat and stir until thickened.

BAKED ORANGE SLICES

(Serves 6-8)

3 Sunkist oranges

Slightly grate skin of whole oranges. Boil 30 minutes. Cool. Cut into ½-inch slices. Lay these in bottom of baking dish. On each put 1 teaspoon sugar and ¼ teaspoon butter. Cover with water and bake at moderate temperature (375° F.) for 1 hour. Remove from liquid, sprinkle generously with sugar and brown slightly under broiler.

Serve, if wished, with Sauce as for Baked Whole Oranges I.

Variation: Cut oranges in quarters instead of slices.

BAKED WHOLE ORANGES II

(With Syrup)
(Serves 6-8)

6 to 8 Sunkist oranges

Follow directions for preparation of fruit and filling given in Baked Whole Oranges I.

Method of Baking: Cover oranges with a syrup of 2 parts water to 1 part sugar. Bake closely covered at a moderate temperature (375° F.) 1½ to 3 hours, depending upon desired color of product. (Longer baking gives a darker fruit and one more like a preserve, with a thicker syrup.) If oranges are not completely covered by syrup, baste frequently. Serve with or without

Sauce: Of remaining syrup.

Variations: Color syrup red.

Flavor syrup with maple.

Flavor syrup with spice.

Stick oranges with cloves before baking.

TO SERVE BAKED ORANGES

Baked oranges may be served hot or cold for:

Meat Accompaniment: Serve with baked ham, roast fowl, lamb, pork.

Salad: Remove center of baked orange and fill with cream or cottage cheese. Or arrange baked orange quarters or slices around mound of cheese. Garnish with lettuce hearts and serve with any desired dressing.

Dessert: Brown a marshmallow on each orange or orange slice before serving.

Or sprinkle with coconut.

To Keep for Future Serving: Seal while hot in sterilized jars for future use.

Garnishes and

LEMON garnishes are standard accompaniments, lending flavor and decoration to many foods.

These garnishes may be plain or decorative *slices* or the more practical . . . juice-providing *quarters*, *halves* or *baskets*.

For a reducing diet, use the lemon juice provided by a Sunkist lemon garnish in place of rich sauces for meats and vegetables.

Serve garnishes with:

Beverages (Hot or cold tea, fruit punches.)

Clear Soup.

Fruit Juice Cocktails (Prune, pineapple or tomato juice.)

Fruits (Casaba or honey dew melons, avocados.)

Fish (Shell-fish, such as oysters. clams, scallops, shrimps, on half shell. in cocktails or salads, or fried; or any cooked fish.)

Meats (Hot steaks or chops; cold. sliced meats.)

Vegetables (Spinach and greens of all kinds, carrots, beets or other cooked vegetables.)

Salads (Sea-food or meat salads.)

California Sunkist lemons and oranges are particularly suited for garnish purposes because they have clean, thin skins of high color and waxy texture, are easy to slice, practically seedless, of fine flavor and heavy juice content.

The quarters pictured here, and the decorative designs pictured on page 13, are easily copied with the use of a sharp knife or scissors. To heighten effect, the lemon may be itself garnished with chopped mint, pimiento strips, paprika or parsley

Sauces

SUNKIST ORANGE GARNISHES

Sunkist orange *slices* and *segments* (see directions for preparing, page 3), are decorative garnishes for *fowl* (duck, turkey, etc.), *meat* (especially ham), *fruit beverages, fruit cups, fruit salads, fruit desserts.* Slices may be centered with a candied cherry, a cube of red jelly, a nut half or a mint sprig.

CUMBERLAND SAUCE FOR DUCK

(Serves 4-6)

⅓ cup Sunkist orange juice
¼ cup Sunkist lemon juice
1 cup powdered sugar
2 tablespoons currant jelly
Grated rind 1 Sunkist orange
Grated rind 1 Sunkist lemon
1 tablespoon grated horseradish

Beat thoroughly; heat and serve.

LEMON SAUCE

(Serves 6-8)

2 tablespoons butter
3 tablespoons flour
½ teaspoon salt
¼ teaspoon paprika
1½ cups water (or meat stock)
3 tablespoons Sunkist lemon juice
1 tablespoon finely chopped parsley

Melt butter, mix well with flour, salt and paprika and add water or meat stock. Bring to boiling point, stirring constantly, add lemon juice and parsley and serve.

LEMON WHITE SAUCE FOR VEGETABLES

(Serves 6)

2 tablespoons butter, melted
2 tablespoons flour
½ teaspoon salt
1 cup liquid from vegetable (or milk)
1 to 2 tablespoons Sunkist lemon juice

Blend butter, flour, salt, and liquid. Cook until smooth and creamy, stirring constantly. Add lemon juice. Serve over 2 cups hot cooked vegetables.

ORANGE MINT SAUCE FOR LAMB

(Serves 4-6)

¼ cup finely chopped mint
¼ cup Sunkist orange juice
¼ cup Sunkist lemon juice
1 tablespoon powdered sugar

Combine and stand in warm place ½ hour.

TARTARE SAUCE

(Serves 6-8)

1 cup Lemon Mayonnaise (see recipe, page 25)
½ teaspoon onion juice (or 1 tablespoon chopped chives)
2 tablespoons chopped sweet pickles (or green relish)
1 teaspoon chopped parsley
Sunkist lemon juice

Combine ingredients and thin to desired consistency with lemon juice.

Variations: Chopped celery. Capers. Chopped pimolas. Chili Sauce. Worcestershire Sauce. Tabasco. The flavor of onion is essential to all Tartare Sauce.

LEMON BUTTER FOR MEAT OR FISH

(Serves 6-8)

3 tablespoons butter, creamed
¼ teaspoon salt
Few grains paprika
2 tablespoons Sunkist lemon juice
1 tablespoon parsley, finely chopped

Cream ingredients. Serve on hot fish or steak.

LEMON BUTTER FOR VEGETABLES

(Serves 6-8)

2 tablespoons butter
½ teaspoon salt
Few grains paprika
½ cup Sunkist lemon juice

Cream ingredients together. Serve with 3 cups hot diced vegetables.

Select Entrees &

AS FLAVOR accompaniments, oranges and lemons offer many possibilities for entrees and main course dishes. In addition they provide dietetic balance for the meats, fish and fowl served in these courses.

FISH WITH LEMON

Fish with lemon is a standard food combination, desirable both for flavor and dietetic balance. The lemon may be served as:

Garnish: Serve Sunkist lemon garnishes with fried, boiled or baked fish. (See page 12.)

Lemon Butter: An especially good accompaniment for white fish, which lack fat.

Sauces: Such as Tartare Sauce. (See page 13.) Or Lemon Cocktail Sauce for Shell-fish. (See page 4.)

Juice: The juice of ½ Sunkist lemon and ½ teaspoon salt added to 1 quart of water in which fish is boiled, keeps fish white. Sprinkle juice on fish to be baked or fried, or rub with cut half of lemon for flavor.

LAMB CHOPS WITH ORANGE

(Serves 6)

6 lamb, veal or pork chops
Melted butter
Sliced Sunkist oranges
Salt, pepper and paprika

Trim fat from thick chops and dip in melted butter. Oil broiler well and broil chops 8 minutes. Turn and place a thick slice of peeled orange on each chop. Broil 8 or 10 minutes longer. Sprinkle generously with the seasonings. Serve hot.

FISH SALAD CALIFORNIAN

(Serves 6)

½ cup Sunkist lemon, pulp and juice
(See directions, page 17)
2 cups shredded lettuce
½ cup finely chopped celery
2 cups flaked salmon (or tuna)
3 tablespoons minced pimiento

Combine. Serve with mayonnaise.

FISH IN LEMON ASPIC

(Serves 6-8)

1 tablespoon gelatine
¼ cup cold water

Sprinkle gelatine on water. Add:

1¼ cups hot water
¼ teaspoon salt
1 tablespoon sugar
6 tablespoons Sunkist lemon juice

Cool. Add:

1½ cups any cooked, flaked fish
(salmon, tuna, etc.)

Turn into mold and chill until firm. Unmold and decorate with lettuce hearts and fancy lemon garnishes. Serve with Tartare Sauce. (See recipe, page 13.)

HAM WITH ORANGE

(See illustration on page 15)

(Serves 6)

6 servings fried ham (1½ pounds)
2 tablespoons flour
2 cups Sunkist orange juice
Parsley
2 to 3 Sunkist oranges for slices

Fry ham. Add flour to 2 tablespoons of fat from frying ham and cook until lightly browned. Add orange juice, stirring well to avoid lumps. Cook 5 minutes or until sauce is thick. Pour sauce around ham on serving dish. Garnish with parsley and orange slices.

Main Course Dishes

ORANGE MEAT SALAD

(Serves 6)

2 cups cold roast meat (lamb, veal, chicken or duck)
2 cups Sunkist orange pieces

Cut the meat into small pieces and marinate with Salad Marinade (see recipe, page 25). Combine orange and meat and serve on crisp lettuce leaves with French Dressing.

ORANGE CANDIED SWEET POTATOES

(Serves 6)

1 cup Sunkist orange juice
½ teaspoon grated Sunkist orange rind
1 cup water
½ cup sugar
3 tablespoons light corn syrup
½ teaspoon salt
¼ cup butter
6 to 8 sweet potatoes or yams

Combine first 7 ingredients and pour over peeled uncooked sweet potatoes arranged in casserole or baking dish. Bake covered in a moderate oven (375°-400° F.) until tender, 30 to 40 minutes. Baste occasionally. Remove lid last 10 minutes to brown or put under blazer.

Variation: Mash the warm cooked potatoes and pile into 6 or 8 Sunkist orange shells. (Use juice in recipe.) Top with marshmallow. Brown in oven.

LEMON WITH VEGETABLES

(Recipes serve 6)

Vegetables, although valuable foods, need proper seasoning and flavor to be relished. Lemon juice combines with many vegetables to increase flavor, while lemon garnishes (such as those shown on pages 12-13) add a decorative note that is most appetizing.

Asparagus in Lemon Rings: Cut 6 thick slices of Sunkist lemon, remove pulp and in rings of rind, insert 3 or 4 stalks of cooked asparagus. Serve hot with Lemon Butter.

Beets with Lemon-Orange Dressing: Cover 8 small or 6 medium sized beets boiled and sliced thin, with 1 tablespoon sugar to which has been added juice of 2 Sunkist oranges and of 2 small Sunkist lemons.

New Potatoes with Lemon: Boil 18 medium sized new potatoes, drain. Add ¼ cup Sunkist lemon juice to 3 tablespoons browned butter. Pour over potatoes.

Spinach with Lemon: Add Sunkist lemon juice to cooked spinach, allowing 1 tablespoon lemon juice to each cup cooked vegetable. Melted butter may also be added. Or spinach may be served with Sunkist lemon garnishes, allowing each person to use lemon juice as desired.

Mustard, beet or *dandelion greens* may be served with lemon in similar manner.

8 Pages of Sunkist

ORANGES and lemons are year 'round fruits with flavor and decorative possibilities for many novel salads of all types: vegetable, meat, fish, jellied and frozen, as well as fruit combinations proper.

Sunkist oranges and lemons have special value for salads in their superior flavor . . . freedom from seeds and firm meat, easy to slice and segment.

ORANGE SEGMENTS AND SLICES FOR SALADS

(See page 3)

FIRST COURSE SALADS

(Quantities given serve 1)

These Sunkist orange combinations make light salads, especially well adapted for first course, appetizer salads, although they may also accompany a meat course.

Arrange on a bed of shredded lettuce and serve with French or French Fruit Dressings (see recipes, page 25).

Orange and Melon: 1 Sunkist orange, cut in thin slices; ¼ cup watermelon balls; ¼ cup cantaloupe balls.

Orange Celery and Pepper: ½ Sunkist orange, sliced. Sprinkle with 1 tablespoon each minced celery and green pepper. (Or substitute onion for green pepper.)

Spanish Combination: On a thick slice of peeled tomato, place a green pepper ring, filled with Sunkist orange pieces. Sprinkle with ½ to 1 teaspoon minced onion.

SUNKIST ORANGE SALAD

(See illustration on this page)

(Serves 1)

Allow 1 large or medium Sunkist orange for each serving. Peel and segment fruit (see directions, page 3). Arrange segments in flower-petal pattern on lettuce-covered salad plate. Center with Lemon Mayonnaise (see recipe, page 25). Garnish with maraschino cherry.

If preferred, oranges may be sliced and slices halved. Slicing is best for smaller sizes of fruit.

GOLDEN SALAD

(Serves 1)

Sprinkle 2 tablespoons each of grated coconut and grated raw carrot over each serving of Sunkist Orange Salad, garnishing with maraschino cherries.

LAZY DAISY SALAD

(See illustration on page 2)

(Serves 1)

Arrange Sunkist orange as directed for Sunkist Orange Salad. Center with 3 or 4 dates, stuffed with cream cheese.

ORANGE SALAD PIQUANT

(Serves 1)

Make Sunkist Orange Salad on beds of watercress. Garnish with sliced, stuffed olives or pimiento strips. Serve with French Dressing (see recipe, page 25). to which a dash of catsup has been added.

Salads

JELLIED FRUIT SALAD

(Serves 6-8 in individual molds)

Gelatine Base

1 tablespoon granulated gelatine
½ cup cold water

Soak 5 minutes. Add:

½ cup Sunkist orange juice, heated but not boiled

Stir to dissolve gelatine. Add:

¾ cup Sunkist orange juice, not heated
1 tablespoon Sunkist lemon juice
¼ cup sugar
Sprinkling salt

Salad

When beginning to stiffen, add:

1 cup Sunkist orange pieces, drained
½ cup diced bananas
½ cup sliced peaches (or pears)

Pour into individual molds and chill until firm. Serve on lettuce with mayonnaise.

JELLIED VEGETABLE SALAD

(Serves 6-8)

Follow directions for making gelatine base as given in Jellied Fruit Salad. When beginning to stiffen, add:

⅔ cup cooked peas
⅔ cup diced cooked beets
⅔ cup diced cooked carrots

Serve with any desired dressing.

ORANGE SHRIMP JELLIED SALAD

(See page 23)

ORANGE PRUNE JELLIED SALAD

(Serves 6-8 in individual molds)

Follow directions for making gelatine base as given in Jellied Fruit Salad.

Fill molds with half of jelly. When beginning to stiffen, place in each mold:

A slice of Sunkist orange, topped with
A cooked prune, stuffed with cream or cottage cheese

Cover with remaining jelly. Chill. Serve with mayonnaise.

ORANGE AND GRAPEFRUIT SALAD

(Serves 6)

6 Sunkist oranges
3 to 4 Sunkist grapefruit
Lettuce

Peel and segment fruit. On lettuce-covered salad plates, place alternate segments of orange and grapefruit. Center with mayonnaise and garnish with maraschino cherries.

Orange Grapefruit and Avocado Salad: Alternate avocado slices with orange and grapefruit segments.

ORANGE WALDORF SALAD

(Serves 12)

1 quart diced apples, marinated in
2 tablespoons Sunkist lemon juice
1 cup diced celery
2 cups diced Sunkist oranges
½ cup raisins (shredded dates or chopped walnuts)
1 cup Lemon Mayonnaise

Combine. Serve on lettuce.

LEMON PULP IN SALADS

Sunkist lemon pulp may be used in salads calling for such ingredients as fish, eggs, lettuce and so on to replace chopped pickle. So used, it furnishes a delightful variation of flavor.

Cut the lemon in small pieces, using a sharp knife or scissors. Remove all the membrane possible, save juice and use with chopped pulp.

Use ¼ cup lemon pulp and juice to 1 cup shredded lettuce or cabbage. See Fish Salad Californian (recipe, page 14).

10 minute Salads

THE ease with which California Sunkist oranges are peeled, sliced and separated into segments, makes this fruit the basis of many "ten-minute" salads.

To prepare these salads, arrange ingredients on lettuce on individual salad plates; serve with any desired dressing. Quantities given serve 1.

WINTER SALAD COMBINATIONS

California Sunkist oranges are marketed the year 'round, providing fresh fruit winter salads when other fruits are out of season. Following are salad combinations good for year 'round serving, although we have named them "Winter Salads" because the ingredients used are available during winter months.

Winter Orange Fruit Combination (see illustration, page 42): 7 or 8 Sunkist orange segments; ⅓ banana, sliced; 4 or 5 walnut halves; 4 or 5 stoned dates.

Orange Apple (see illustration on page 19): Alternate halved Sunkist orange slices with wedge-shaped pieces of unpeeled, red-skinned apple.

Orange and Onion: 2 Sunkist orange slices, cut ½ inch thick. Arrange sandwich fashion with a thin slice of Bermuda onion in center. Garnish with sliced stuffed olives.

Orange and Cranberry: 3 or 4 Sunkist orange slices. Cut in halves and circle around individual mold of cranberry jelly.

Orange and Raisin: Arrange segments from 1 Sunkist orange in flower-petal pattern. Place a large raisin on tip of each segment. Center with 4 or 5 raisins.

SUMMER SALAD COMBINATIONS

Sunkist oranges add a refreshing juicy element to summer salads. They bring out the flavor of other fruits and give their own delicious flavor element.

Summer Orange Fruit Combination: 4 or 5 Sunkist orange segments; 3 or 4 peach slices; 3 or 4 pear slices; 4 or 5 berries, grapes or cherries.

Orange Banana Split: On a banana, cut lengthwise, place 4 or 5 orange slices. Center each slice with a large unhulled strawberry, a cherry or halved walnut meat.

Orange and Asparagus: Arrange 5 or 6 Sunkist orange segments alternately with an equal number of asparagus tips. Decorate with slices of stuffed olive or pimiento strips.

Orange and Peach: 5 or 6 Sunkist orange segments; ½ large peach, sliced. Alternate orange segments and peach slices. Garnish with 4 walnut halves.

Orange and Pear (see illustration, page 44): 5 or 6 Sunkist orange segments; ½ large pear, cored and sliced lengthwise. Alternate orange segments and slices of pear. Garnish with 5 or 6 grapes, peeled and seeded, or stoned cherries.

Orange and Cherry: 3 or 4 large Sunkist orange segments. Arrange around edge of a lettuce cup made by cutting a small head of lettuce in two and scooping center from one half. Fill center of cup with stoned cherries.

Summer Luncheon Salad: Fill peach or pear half with cottage or cream cheese. Circle with 4 or 5 Sunkist orange segments or half slices. Garnish with cube of red jelly, or with 4 or 5 berries.

Fruit Salad Menu Guide

Course	*Portion Size*	*Ingredients*	*Dressing*
First (or **Appetizer**)	—Small	—Light fruits, or fruits and vegetables	—French
Separate (or with **Meat**)	-Medium	Light fruits, or fruits and vegetables	Any
Main*	—Generous	—Fruit with nuts, cheese, meat or fish	—Any (marinate meat or fish)
Dessert*	—Medium	—Mixed fruits or jellied or frozen	—Mayonnaise, whipped cream or cooked

****The main course or dessert salad is often served for special refreshments.***

Decorative Salads

FRUIT SALAD IN SECTIONS

(Serves 1)

Arrange 4 lettuce leaves on each salad plate with stem ends meeting in center. On one, place 6 Sunkist orange segments; on another, 5 cantaloupe balls or cubes; on a third, a mound of strawberries; on the fourth, a mound of sliced peaches. Serve with mayonnaise.

Variations: For fruits other than orange, substitute in season, Sunkist grapefruit, watermelon, pears, grapes, bananas, raspberries, cherries, avocados.

ORANGE BANANA SALAD

(Serves 6)

3 Sunkist oranges
Lettuce
3 bananas
3 tablespoons Sunkist lemon juice
¼ cup finely chopped nuts (walnuts, almonds, pecans or peanuts)

Peel oranges and cut into ¼-inch slices. On lettuce-covered salad plate, place 2 orange slices. Cover with 2 lengthwise quarters of bananas, sprinkled with lemon juice and rolled in nuts. Top with slice of orange. Garnish with mayonnaise and maraschino cherry.

Variation: Roll banana fingers in grated coconut.

ORANGE HONEY AMBROSIA SALAD

(Serves 1)

Dip 4 or 5 Sunkist orange slices in slightly warmed honey which has been placed in a flat bowl or saucer. Then dip both sides of slices in coconut. Arrange on a bed of lettuce and garnish with dots of canned or maraschino cherry pieces or with whole fresh cherries or unhulled strawberries.

FROZEN ORANGE SALAD

(Serves 6-8)

1 cup whipping cream, beaten stiff
⅓ cup Lemon Mayonnaise
1 cup sugar
2 bananas
1 tablespoons Sunkist lemon juice
1½ cups Sunkist orange pieces, drained well
1 cup chopped dates (strawberries, peaches, pineapple, or maraschino cherries)

Combine cream, mayonnaise and sugar. Cut fruit in small pieces. Cover banana pieces with lemon juice. Combine all ingredients. Freeze in tray of automatic refrigerator until firm but not long enough to let fruit pieces become icy and hard. Cut in slices. Serve garnished with crisp hearts of lettuce, and, if desired, with additional mayonnaise or whipped cream.

For a stiffer salad dissolve 1 teaspoon gelatine in cream before whipping.

FROZEN ORANGE CHEESE SALAD

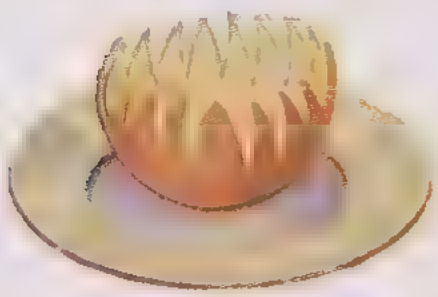
(Serves 6-8)

For bananas in Frozen Orange Salad, substitute 1 cup cottage cheese or 2 packages cream cheese. Beat well into mayonnaise before adding fruit.

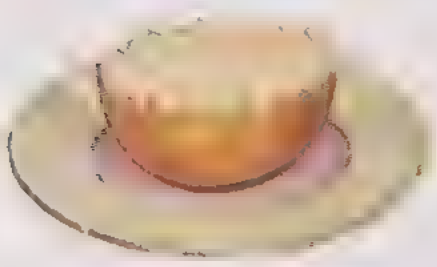
SUNKIST ORANGE CUPS & BASKETS

Orange Basket 1: With a sharp knife cut around half orange shell ½ inch from top, leaving 1 inch uncut on opposite sides of shell. Raise cut strips as loops and tie together with narrow ribbon. One orange makes 2 baskets.

Chrysanthemum Cup: With scissors cut orange skins three-quarters way down in strips ⅓ inch wide, being careful not to break strips apart. Remove orange meat. Curl each strip of peel a trifle inward. One orange makes 1 cup.

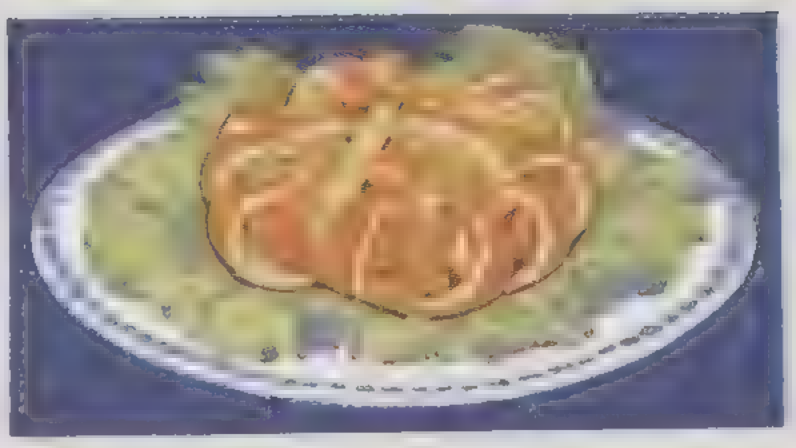


Orange Cup: With a sharp knife or spoon, scoop meat from halves of a clean-skinned orange of good size. Flute or scallop edge, using scissors. One orange makes 2 cups.



Orange Basket 2: Cut out peel in 2 quarter sections from a large orange, leaving an uncut ½-inch strip for handle as shown. Remove meat. Flute or scallop basket edge. One orange makes 1 basket.

Use these cups and baskets to serve fruit cocktails, salads and desserts.



ORANGE CHRYSANTHEMUM SALAD

(Serves 6)

6 small Sunkist oranges
Lettuce
Apples

Make chrysanthemum cups of oranges. Cut the orange meat in pieces, combine with long, slender pieces of apple and fill shells. Pass mayonnaise.

CALIFORNIA POINSETTIA SALAD

(Serves 6)

3 Sunkist oranges
6 tablespoons cream cheese
2 red pimientos
Paprika

Peel oranges and separate into segments. Make cheese into 6 balls, and sprinkle with paprika. Cut pimientos into long, narrow strips. Place a cheese ball in center of each salad plate and arrange orange segments radiating out from it like the petals of a flower. Place strips of pimiento between orange segments. Pour French Dressing over all.

FRUIT SALAD IN ORANGE CUPS

(Serves 6)

6 large Sunkist oranges
12 marshmallows, quartered
1 cup diced pineapple
1 cup banana slices (or other fruit: pears, peaches, strawberries, cherries, white grapes)
Lettuce

Cut tops off oranges and remove pulp, leaving orange baskets. Flute edges if desired. Combine ingredients, fill orange cups and arrange on lettuce-covered salad plates. Serve with mayonnaise, mixed with ⅓ orange juice.

Main Course Salads

ORANGES combine with cheese, nuts, meats and fish, in many delicious and substantial salads, suited for main course serving.

CLUB FRUIT PLATE

(Serves 1)

In large section of a grill plate, place a banana, split lengthwise and dipped in orange juice to prevent discoloration. Top banana with 4 orange slices.

In smaller sections of plate, place 3 large cooked prunes, stuffed with cottage cheese, moistened with orange juice, several walnut halves and 3 or 4 dates.

ORANGE PRUNE CHEESE SALAD

(Serves 4)

4 to 5 Sunkist oranges, peeled and sliced
Lettuce
20 prunes, cooked
1 cup cottage cheese

Arrange 5 orange slices in circle on lettuce-covered salad plate. Center each with a prune stuffed with cheese. Serve with any desired dressing.

Variations: Stuff prunes with cream cheese or peanut butter, moistened with orange juice.

With a serving of bread or rolls and a beverage such as orange juice, milk, or coffee, these main course salads make a well-balanced luncheon or supper menu. Orange Rolls, Orange Rusks or Lemon Tea Biscuits (see recipes, page 7) are especially good accompaniments for such a meal

ORANGE WALNUT CHEESE SALAD

(Serves 4)

5 or 6 Sunkist oranges
24 walnut halves
1 small package cream cheese

Peel oranges. Slice 1 orange; segment the rest. On lettuce-covered salad plate center a large slice of orange. Arrange 3 groups of orange segments (3 segments to a group) around this orange slice. Moisten cheese with a little orange juice. shape into balls and press walnut halves into two sides. Place one of these walnut cheese bon bons between each group of orange segments. Garnish orange slices with strips of pimiento. Serve with any desired dressing.

ORANGE APPLE CHEESE SALAD

(See illustration on front cover)
(Serves 1)

On individual salad plates, center a mound made of ½ cup cottage cheese, which has been blended with a little orange juice. Circle with alternating rows of halved slices of Sunkist orange (or Sunkist orange segments) and slices of unpeeled, red apple. Garnish with lettuce hearts. Top cheese with 5 raisins centered with maraschino cherry. Serve with any desired dressing.

ORANGE DATE NUT SALAD

(Serves 1)

On lettuce-covered salad plate, arrange circle of 5 or more Sunkist orange slices. Within this circle, make a second circle or cup with 4 or 5 Sunkist orange segments. Fill cup with mayonnaise. Stuff 4 or 5 stoned dates with walnut halves. Arrange on orange slices. Top mayonnaise with a walnut half.

OTHER MAIN COURSE SALADS

For other main course salads, see: Baked Orange Salad, page 11; Fish and Meat Salads, pages 14-15; Summer Luncheon Salad, page 19.

FRUIT MEAL SALAD

(Serves 1)

On lettuce-covered salad plate, center a mound of cottage cheese (1½ tablespoons). Around this at equal distances arrange 3 piles of Sunkist orange slices. In spaces between orange, place 3 or 4 stoned dates (first space); 1 dessert spoon seeded raisins (second space); 5 walnut meat halves (third space). Serve with French Dressing.

SUNKIST SALAD BOWL

(See illustration on page 24)
(Serves 4)

1 cup Sunkist orange segments (or halved slices)
¾ cup peach slices
¾ cup pear slices
½ cup seeded grapes
3 tablespoons Lemon Mayonnaise
1 tablespoon Sunkist orange juice

Combine fruit. Blend mayonnaise with orange juice and put over fruit. Arrange in lettuce-lined salad bowl.

Variations: For peach or pear slices, substitute apricot, apple, avocado or banana slices; for grapes, substitute cherries or melon balls. The orange segments or slices, however, should always be included as the basis of the salad.

ORANGE SHRIMP JELLIED SALAD

(Serves 4-6)

Follow directions for making gelatine base as given in Jellied Fruit Salad (see recipe, page 17). When beginning to stiffen, add:

⅔ cup Sunkist orange pieces
⅔ cup shrimps, cut in pieces
⅔ cup chopped celery

Serve with mayonnaise.

Salad Dressings

THE delicate and appetizing flavor and food value of lemon juice make it the preferred source of tartness for salad dressings of all types . . . marinades, cooked dressings, French dressings and mayonnaise. It brings out the hidden flavors of salad ingredients and adds the element of freshness . . . which gives superiority to "made-at-home" dressings.

Orange juice is also used to heighten flavor in many salad dressings.

Sunkist Salad Bowl

Fruit Salad Dressing Guide

Dressing	*Serve With*
Sunkist Lemon Juice (with salt)	—Avocado, sliced tomatoes, combination vegetable salad. (*Good in reducing diets*)
Sunkist Lemon Juice (with sugar)	—Lettuce or grated carrots or grated apple (*Popular with children*)
Sunkist Lemon or Orange Juice Marinade (juice only)	—Bananas, apples, pears, avocados (to prevent discoloration), or raisins, dates and other dried fruits to give flavor
Marinade (lemon juice, oil, seasonings). Salad usually takes another dressing	—Add to ingredients separately (cooked vegetables, meat, fish). Let stand until well seasoned. Drain
French Dressing	—All types of salads, especially light salads
Mayonnaise	—Heartier types of salads. Thin with orange juice for fruit salad
Cooked Dressings	—Heartier types of salads or fruit salads, all types
Whipped Cream	—Fruit salads

LEMON MAYONNAISE

(Makes 2¼ cups)

1 egg
2 tablespoons Sunkist lemon juice
Dash of pepper or paprika
1 teaspoon mustard
1 teaspoon salt
1 teaspoon sugar

Beat in slowly, using whirl type beater:

1 pint salad oil

Beat until dressing is thick.

For a sharper, thinner dressing, add 2 extra tablespoons Sunkist lemon juice just before serving.

For fruit salad dressing: Thin with ⅓ as much Sunkist orange juice.

MINERAL OIL MAYONNAISE

(For reducing diets)

Substitute mineral oil for salad oil in Lemon Mayonnaise recipe. Has practically no food value.

SUNKIST SPECIAL SALAD DRESSING

(Makes about 1½ cups)

3 tablespoons flour
2 tablespoons sugar
¾ teaspoon dry mustard
½ teaspoon salt
1 cup Sunkist orange juice
2 egg yolks, beaten well

Mix together thoroughly. Cook in double boiler until thickened. Add:

1 tablespoon butter
¼ cup Sunkist lemon juice

Stir. Remove from fire and chill. Use on fruit salads.

COOKED LEMON MAYONNAISE

(Makes over 1 pint)

Cook until translucent:

3 tablespoons cornstarch
1 cup of hot water

In mixing bowl, place:

⅓ cup Sunkist lemon juice
1 egg
1½ teaspoons salt
1 teaspoon mustard (dry or paste)
2 tablespoons sugar
Dash paprika
1¼ cups salad oil

Add hot cornstarch mixture and beat until consistency of mayonnaise.

SALAD MARINADE

(Makes about ½ cup)

6 tablespoons Sunkist lemon juice
3 tablespoons oil
1 teaspoon salt
¼ teaspoon pepper

Mix thoroughly.

Use as directed in Fruit Salad Dressing Guide.

Add ½ teaspoon onion juice to marinade if desired. Or if garlic flavor is desired, rub bowl in which marinade is made with cut clove of garlic.

FRENCH DRESSING

(Makes about ½ cup)

3 tablespoons Sunkist lemon juice
6 tablespoons salad oil
¼ teaspoon salt
¼ teaspoon paprika

Stir or shake thoroughly before serving.

Sweet French Dressing: To French Dressing add ¼ cup red jelly or strained honey. Serve on fruit salads.

Cheese Dressing: To French Dressing add gradually 2 tablespoons of some cheese of piquant flavor as Roquefort or any snappy cheese which has been rubbed to a cream. Blend until smooth.

FRENCH FRUIT DRESSING

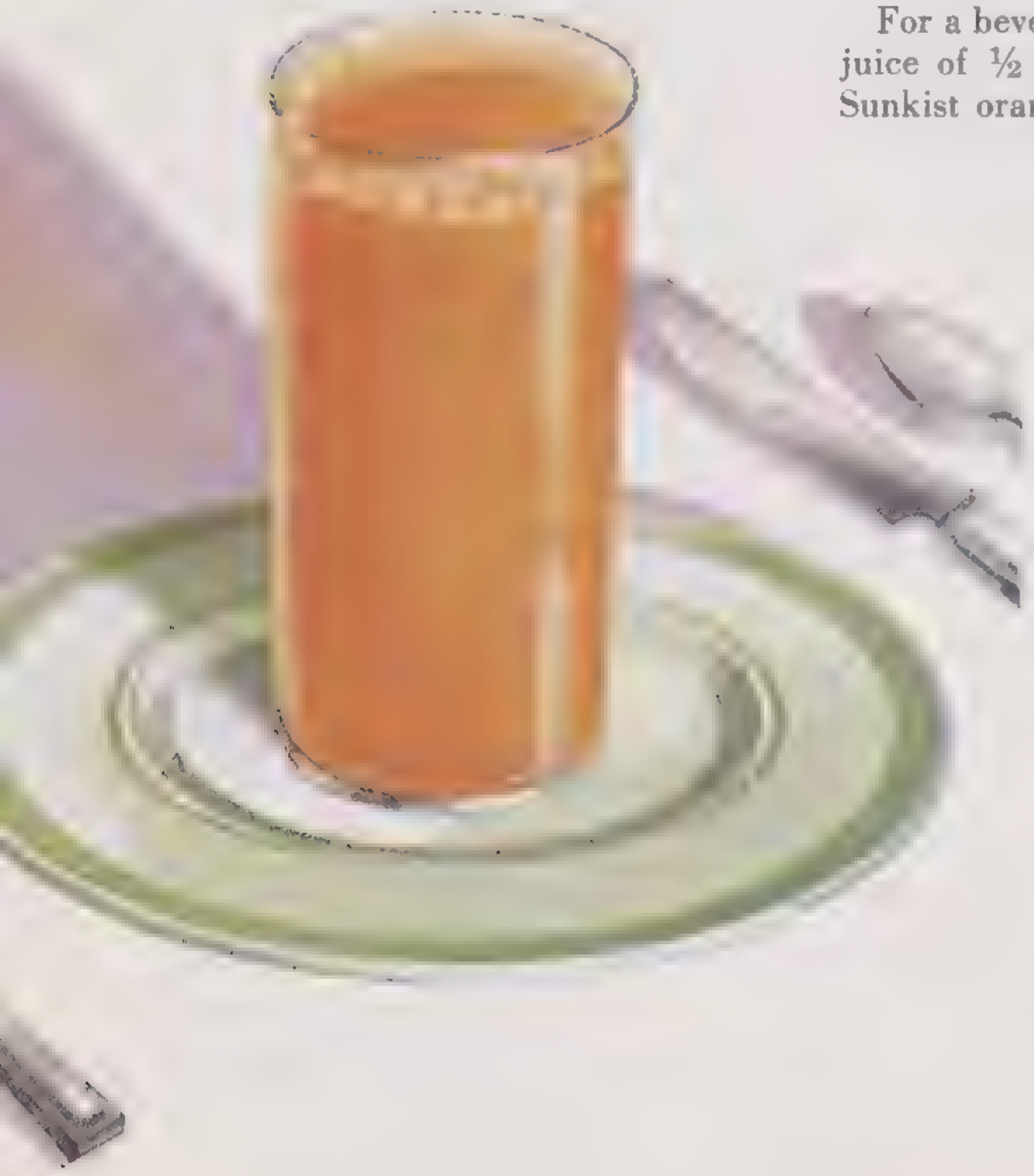
(Makes about ½ cup)

3 tablespoons Sunkist lemon juice
3 tablespoons Sunkist orange juice
4 tablespoons oil
¼ teaspoon salt
1 tablespoon sugar

Mix all ingredients thoroughly.

Fresh Fruit

THE breakfast glass of orange juice has now become a national health habit, while other meals and social events have their own citrus fruit beverages. *Freshly extracted* orange and lemon juices furnish fruit acids needed for flavor in many drinks, together with essential vitamins and minerals of dietetic importance.



ORANGE JUICE

Orange juice should always be served fresh since flavor is lost when juice stands. Use a mechanical or electrical extractor, or a good hand reamer. (See back cover.) Strain or not as preferred. Chill if desired. An excellent way to do this is first to chill fruit in ice-box. This prevents loss of flavor from ice dilution. Serve juice in an 8-ounce glass (a good-sized glass, holding a measuring cupful of juice).

ORANGE-LEMON JUICE

For a beverage of increased flavor, add juice of ½ Sunkist lemon to a glass of Sunkist orange juice.

As a result of recent research, foremost authorities now recommend a glass of orange juice to which the juice of half a lemon has been added, to be taken once or twice a day. This promotes dental, as well as general, good health.

A good reamer or electric extractor and a liberal supply of oranges and lemons at all times make it possible to serve these delicious and healthful drinks . . . easily and quickly . . . whenever you wish

Drinks

ORANGEADE

(Serves 1)

Combine ⅔ cup Sunkist orange juice, ⅓ cup iced water, sugar and ice to taste.

HALF AND HALF

(Serves 1)

Combine ¼ cup Sunkist orange juice with 2 tablespoons Sunkist lemon juice, 1½ to 2 tablespoons sugar, cracked ice to chill, and water to fill glass.

LEMON JUICE BRACER

(Serves 1)

Add juice of 1 Sunkist lemon to a glass of water. Sweeten or not as desired. Drink on rising in the morning.

BREAKFAST COCKTAIL

(Serves 1)

1 egg yolk
2 Sunkist oranges, juice of
1 teaspoon honey or sugar to taste
Pinch of salt

Beat together and drink every morning.

ORANGE AND LEMON BEVERAGE GARNISHES

Sunkist Orange or Lemon Slices: Serve, slipped over the rim of the glass, with Lemonade, iced tea or fruit drinks.

Fancy Orange Slices: Float orange slices cut in quarters, halves or fancy shapes, on bowl of punch. Combine, if desired, with other sliced fresh fruits.

Garnish in Ice Cubes: Freeze small, fancy orange and lemon slices in ice cubes. Cubes may be tinted for variety by making from water to which vegetable coloring has been added.

SUNKIST LEMONADE

(Serves 6)

6 Sunkist lemons
¾ to 1 cup sugar
6 cups cold water
Sunkist lemon slices

Extract lemon juice, add sugar to taste, and stir until dissolved. Then add water and serve immediately, pouring into glasses over crushed ice. Place a lemon slice over the rim of each glass. Float a maraschino cherry on top.

Lemon Fizz: Make Lemonade with carbonated water.

GRAPE LEMONADE

(Serves 8-10)

Add 2 cups grape juice and 1 cup Sunkist orange juice to Lemonade.

SUNKIST FREEZE

(Serves 1)

To Lemonade, Orangeade or other fruit beverage, add a dip of Lemon or Orange Ice. Serve at once.

HOT SPICED LEMONADE

(Serves 6)

Make Sunkist Lemonade recipe, using boiling water. Add ⅔ teaspoon each of ground ginger and ground cloves. Garnish, if desired, with a cut maraschino cherry.

LEMON TEA ORIENTAL

Use hot tea in place of water in making Hot Spiced Lemonade.

LEMON EGG-NOG

(Serves 1)

1 egg
2 tablespoons Sunkist lemon juice
2 tablespoons sugar
Milk (fresh or evaporated)
Grated Sunkist lemon rind

Beat egg yolk with lemon juice and 1 tablespoon sugar. Pour into a tall glass. Beat egg white very stiff with 1 tablespoon sugar. Fold three-fourths of egg white into egg yolk mixture. Add milk to almost fill glass. Stir well with a spoon. Top drink with remainder of beaten egg white. Grate a bit of lemon rind onto this. Serve at once.

ORANGE EGG-NOG

(Serves 1)

Follow directions for Lemon Egg-Nog, using ¼ cup Sunkist orange juice and orange rind in place of lemon.

SUNKIST LEMON MILK

(Serves 2)

1 to 2 Sunkist lemons, juice of
1 pint milk

Beat with a whirl type beater or put in a glass jar and shake well. Serve immediately.

This is a substitute for buttermilk and makes a healthful drink tolerated by weak digestions. It must be mixed each time served since curd and whey of milk will separate if allowed to stand. More or less lemon juice may be added depending upon sourness desired for drink.

CREAM ORANGE

(Serves 1)

1 egg yolk
¾ cup Sunkist orange juice
¼ cup thin cream (or evaporated milk)
Sugar, if desired

Beat egg yolk until light, add orange juice and blend thoroughly. Pour into glass and stir in cream. Sweeten to taste. Serve at once.

Omit egg yolk, if desired.

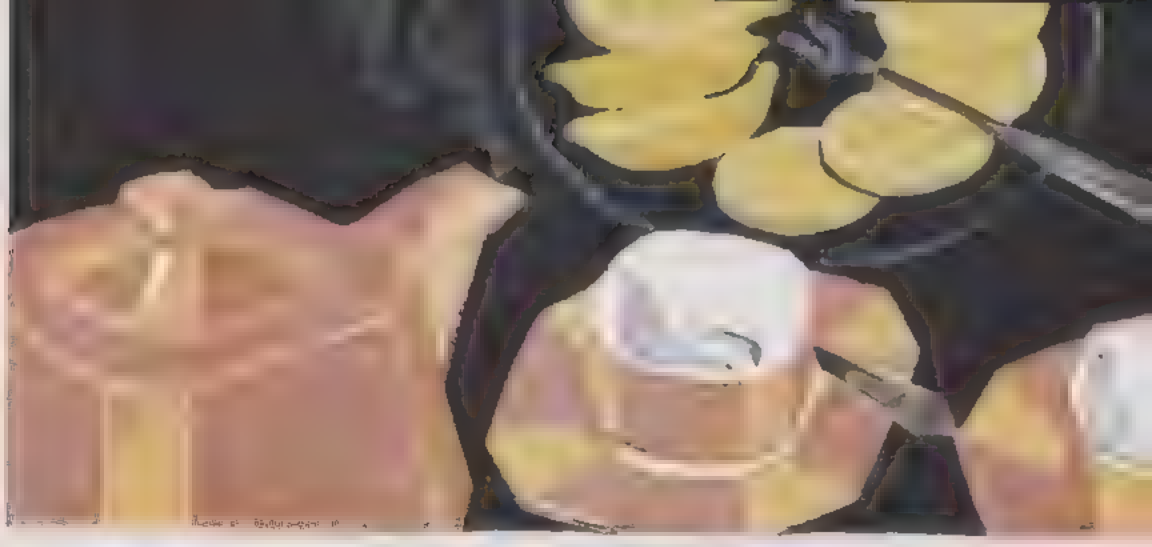
FROSTED ORANGE JUICE

(Serves 1)

To a glass of chilled Sunkist orange juice, add a dip of vanilla ice cream. Stir until partially dissolved. Serve at once.

ORANGE GINGER ALE

For each person served, combine ⅔ cup Sunkist orange juice with ⅓ cup ginger ale. Pour over cracked ice in glass and serve immediately.



LEMON WITH TEA

The Russian custom of serving lemon with tea is now universally accepted as correct.

Tea service, formal or informal, includes a plate of Sunkist lemon *slices* cut from the unpeeled fruit, as well as the more practical, juice-providing lemon *quarters.* If desired, cloves may be inserted in the lemon.

Grated orange or lemon rind gives tea an unusual and delicate flavor reminiscent of rare and expensive blends. Add 1 teaspoon grated rind for each 4 to 6 cups. Place in teapot with tea (any blend) and add boiling water.

Iced tea is served with a Sunkist lemon slice or quarter slipped over the rim of the glass.

For a reducing diet, lemon is especially good to replace sugar and cream with tea.

TEA ACCOMPANIMENTS

Tea accompaniments other than lemon include:

Candied Peels: (See recipe, page 8.)

Marmalades, Jams, Spreads: (See recipes, pages 9-10.)

Lump Sugar: Rub sugar lumps over Sunkist orange or lemon rinds to absorb the flavoring oil.

Orange Bread, Rusks, Biscuits, Toast, Sandwiches: (See recipes, pages 6-8.)

See also Afternoon Tea, page 43.

FROZEN FRUIT PUNCH

(Serves 6-8)

2 cups sugar
1½ cups water
1 small bunch mint, chopped
3 cups weak tea (or ginger ale)
½ cup Sunkist lemon juice
2 cups Sunkist orange juice

Boil sugar, water and mint together for 5 minutes. Chill, add remaining ingredients, strain and freeze.

DINNER PUNCH

(Serves 4-6)

1 cup Sunkist orange juice
½ cup Sunkist lemon juice
½ cup Sunkist grapefruit juice
2 cups water
5 tablespoons sugar (or honey)
Sunkist orange slices

Blend thoroughly. Chill if desired.

Variations: Add to the above mixture 1 cup of the juice of another fruit, such as grape juice, raspberry juice, loganberry juice, pineapple juice, cider or the juice from any canned fruit.

Or add 1 cup of a puree made by forcing peaches, pears, apricots, bananas or berries through a potato ricer or coarse sieve.

FRUIT PUNCH FOR A CROWD

(Makes about 4 gallons—60 large glasses, 120 small)

2 quarts tea infusion (8 cups boiling water poured over 5 tablespoons tea)
2 quarts sugar
1 quart Sunkist lemon juice
1 quart Sunkist orange juice
1 quart grape juice
1 quart strawberry juice (or grated pineapple)
2½ gallons iced water
3 cups Sunkist orange slices (halves, quarters or fancy shapes)

Dissolve sugar in hot tea. Cool. Combine ingredients. Less water may be used and punch poured over block of ice in punch bowl. Halve or quarter recipe to serve a smaller group.

HOT LEMONADE FOR A COLD

(Serves 1)

To juice of 2 Sunkist lemons, add 1 cup boiling water. Sweeten to taste with 1 to 3 tablespoons sugar or honey.

Fruit Desserts

ORANGES and lemons form the base of many popular and wholesome desserts, ranging from the simple and quickly prepared serving of orange slices or segments to more elaborate desserts, such as gelatines or frozen mixtures.

ORANGE CREAM CUSTARD

(Serves 6)

2 egg yolks, beaten
⅓ cup sugar
2 tablespoons flour
⅛ teaspoon salt
1 cup Sunkist orange juice
1 cup cream (or evaporated milk)

Mix together thoroughly and cook in double boiler until thickened. Add:

1 teaspoon grated Sunkist orange rind

Cool and turn into serving dish over:

½ cup Sunkist orange slices

Chill. Cover with meringue made of:

2 egg whites, stiffly beaten with
4 tablespoons sugar

Decorate with additional orange slices.

LEMON CHIFFON PUDDING

(Serves 6-8)

5 tablespoons flour
1 cup sugar
3 tablespoons butter

Cream and add:

3 egg yolks, beaten
¼ cup Sunkist lemon juice
1 cup milk

Fold in:

3 egg whites, stiffly beaten

Bake in individual custard cups, set in a pan of warm water. Bake 35 minutes in oven (360° to 375° F.). Will form a cake top with a layer of custard below.

LEMON TAPIOCA

(Serves 6-8)

⅓ cup quick cooking tapioca
3 cups boiling water
¼ teaspoon salt
Rind of 1 Sunkist lemon

Cook 20 to 30 minutes. Remove lemon rind and add:

1 cup sugar
½ cup Sunkist lemon juice
2 egg whites, stiffly beaten

Chill thoroughly. Serve in sherbet glasses.

BAKED ORANGE MARIE

(Serves 4)

4 Sunkist oranges

With a sharp knife cut off tops and remove meat from oranges, leaving shells clean. Combine orange meat with:

8 dates, stoned and shredded
4 teaspoons chopped walnuts
4 teaspoons seeded raisins
4 teaspoons grated coconut

Sweeten to taste. Fill orange shells. Bake in a dish with ½ inch of water in bottom, in a slow oven for 45 minutes. Take out of oven and top oranges with a meringue made from:

1 egg white, stiffly beaten with
2 tablespoons sugar

Sprinkle meringue with coconut and return oranges to oven to brown. Serve hot or cold. A marshmallow may be used to top each orange in place of meringue.

ORANGE SHERBET

(Makes about 1½ quarts)

2 cups sugar
3 cups water
2 cups Sunkist orange juice
½ cup Sunkist lemon juice

Boil sugar and water 10 minutes. Cool, add fruit juices. Freeze to a mush. Add:

2 egg whites, stiffly beaten

Finish freezing. Make in automatic refrigerator with rapid freezing unit or in crank freezer.

Orange Ice: Omit egg white.

LEMON SHERBET OR ICE

(Makes about 1¾ quarts)

3 cups sugar
1 quart water
¾ cup Sunkist lemon juice
2 egg whites, stiffly beaten

Follow method for Orange Sherbet.

SUNKIST FRUIT SHERBET

(Makes 2 quarts)

¼ cup Sunkist orange juice
½ cup Sunkist lemon juice
2½ cups sugar
1 quart milk
1 cup any one of following fruits: crushed strawberries, crushed raspberries, apricot pulp, mashed peaches, mashed bananas, apple sauce

Mix and freeze. If mixture curdles it will freeze smooth again.

ORANGE MARSHMALLOW PUDDING

(Serves 6-8)

3 cups Sunkist orange juice, strained
1 pound (about 60) marshmallows, quartered

Heat in top of double boiler until marshmallows are melted. Do not overheat orange juice. Pour into serving dishes over:

Segments from 3 or 4 Sunkist oranges

Set in cool place to stiffen. Serve with:

Whipped cream and
Maraschino cherries for garnish

Variation: When slightly jellied, add:

2 egg whites, stiffly beaten

LEMON ICE CREAM

(Makes about 1½ quarts)

¾ cup Sunkist lemon juice
2 cups sugar
3 cups milk
1 cup cream

Combine ingredients. Stir until sugar is dissolved and freeze.

ORANGE ICE CREAM

(Makes 2 quarts)

3 cups Sunkist orange juice
1 cup sugar
1 cup thick cream
2 cups milk

Follow method for Lemon Ice Cream.

ORANGE MARSHMALLOW FLUFF

(Serves 6-8)

1 cup whipping cream
¼ cup sugar
1 cup quartered marshmallows
1½ cups Sunkist orange segments (or half slices)

Whip cream until thick, fold in other ingredients. Serve cold.

Orange Strawberry Marshmallow Fluff: Add ½ cup halved, fresh strawberries to cream mixture. Decorate with Sunkist orange segments, and whole strawberries.

ORANGE NUT WHIP

(See illustration on page 42)
(Serves 6-8)

1 cup whipping cream
1 cup peanut brittle, rolled fine (3 oz.)
1 cup Sunkist orange pieces

Whip cream. Fold in powdered peanut brittle and orange pieces. Serve very cold.

To make in automatic refrigerator, substitute orange juice for orange pieces. Freeze with ½ cup sugar to a mush in rapid freezing unit. Fold in cream and peanut brittle. Let stand until frozen again but no longer. Serve.

ORANGE AMBROSIA

(See illustration on this page)
(Serves 6)

6 Sunkist oranges
½ cup powdered sugar
½ cup grated coconut

Peel and slice oranges. Cut slices into halves or quarters. Arrange in serving dish, sprinkle with sugar and coconut. If desired, top with candied cherry.

ORANGE ARABIAN

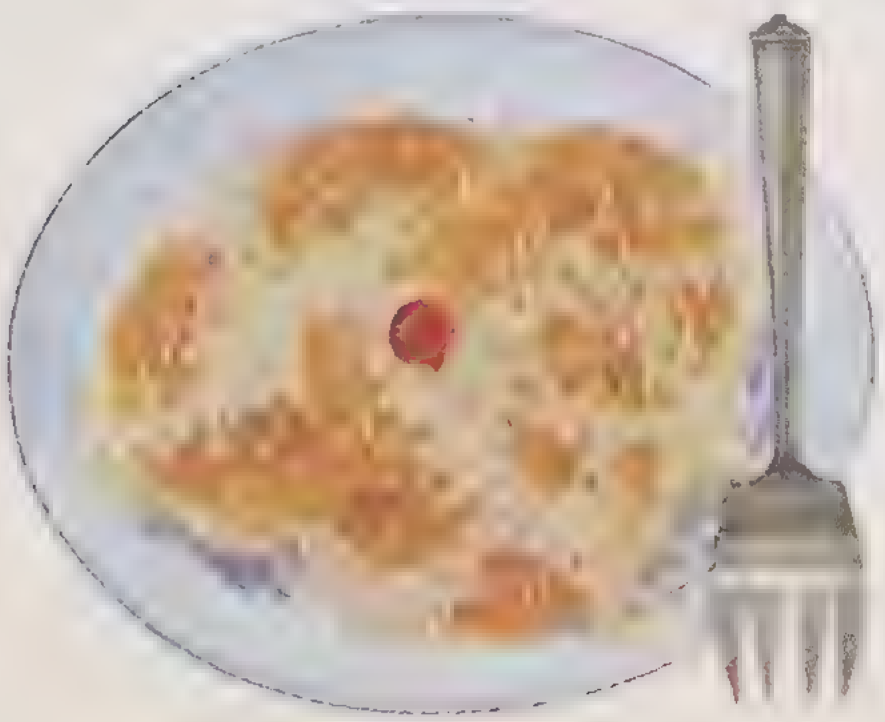
(Serves 6)

Substitute ¼ cup chopped almonds and ¾ cup shredded dates for sugar and coconut in Orange Ambrosia.

ORANGE CHERRY DESSERT CUP

(Serves 6)

Add 5 or 6 fresh, stoned cherries to each serving of Orange Ambrosia.



FRUIT CUP DESSERT

(See illustration on page 33)
(Serves 6-8)

1 cup Sunkist orange pieces (segments or half slices)
1 cup banana slices (or balls)
1 cup of one of the following: Sunkist grapefruit, apples, peaches, pears, strawberries, cherries, grapes, cantaloupe and pineapple (cut in pieces)
½ cup Sunkist orange juice
2 tablespoons Sunkist lemon juice
2 tablespoons maraschino cherry syrup (or juice from any other fruit)
Sugar to taste
Maraschino cherries

Combine fruits and add fruit juices, which have been blended with sugar to taste. Serve very cold in baskets made from Sunkist orange shells (see page 21) or in sherbet glasses. Decorate with maraschino cherries.

Appetizer: Blend fruit juices so that they are rather tart. Serve ⅓-cup portions.

LEMON GELATINE

(Serves 4)

1 tablespoon granulated gelatine
2 tablespoons cold water

Soak 5 minutes. Add:

1½ cups boiling water
1 cup sugar
Few grains salt
¼ cup Sunkist lemon juice

Dissolve. Turn into molds and chill.

LEMON SPONGE

(Serves 4)

Make Lemon Gelatine. When jelly begins to stiffen, beat with egg beater until light and frothy.

LEMON SNOW

(Serves 4-6)

Make Lemon Sponge, adding the stiffly beaten whites of 2 eggs.

ORANGE GELATINE

(Serves 4-6)

Gelatine Base

1 tablespoon granulated gelatine
½ cup cold water

Soak 5 minutes. Add:

½ cup Sunkist orange juice, heated but not boiled

Stir to dissolve gelatine. Add:

¾ cup Sunkist orange juice, not heated
2 tablespoons Sunkist lemon juice
½ cup sugar
Sprinkling salt

Gelatine Dessert

Chill in individual molds.

ORANGE CHARLOTTE OR SPONGE

(Serves 6-8)

Make Orange Gelatine. When jelly begins to stiffen, add, beating well:

2 egg whites, stiffly beaten

ORANGE BAVARIAN CREAM

(Serves 6-8)

Make Orange Gelatine. When jelly begins to stiffen, fold in:

1 cup cream, whipped

Harden in large fancy mold or individual molds. Decorate with additional whipped cream and orange segments.

ORANGE JELLY PARTY CAKE

(Serves 4-6)

Make Orange Gelatine. Pour into cake-shaped mold. When firm, unmold and press animal crackers into sides to make border around top and bottom. Decorate with whipped cream.

SUNKIST ICE-BOX CAKE

(Serves 8-10)

¼ cup Sunkist orange juice
1 tablespoon gelatine

Soak 5 minutes and liquefy over hot water. Add:

⅓ cup sugar, dissolved in
½ cup boiling water
¾ cup Sunkist orange juice

Cool. Mix:

12 marshmallows, cut into eighths
½ cup Sunkist orange pieces

Let stand while gelatine mixture cools. When gelatine begins to stiffen, beat until fluffy. Fold in orange pieces and marshmallows, and lastly:

1 cup whipping cream, beaten stiff

Line bottom of spring form with halves of ladyfingers. Cut one round end from enough halves of ladyfingers to stand up around edge of form. The cut ends touch the bottom of the pan. Allow:

24 ladyfingers

Pour in half the filling. Lay on any pieces or extra ladyfingers and cover with rest of filling. Leave in ice-box overnight or until thoroughly chilled. Remove sides of spring form when ready to serve. Decorate with additional whipped cream and orange segments.

OTHER DESSERT SUGGESTIONS

Orange Cherry Cup or Economy Fruit Cup (page 5) are good desserts, as are the Baked Oranges (page 11).

Pies & Tarts

PIES, with lemon pie as first choice, are the favorite dessert of masculine America. Oranges and lemons may be called Nature's own flavoring extracts for this dessert. In pie fillings, they combine readily with other customary ingredients—fruits, custards and creams.

ORANGE MERINGUE PIE

(Makes 1 pie)

1 cup sugar
⅓ cup flour
¼ teaspoon salt
Grated rind 1 Sunkist orange
1 cup Sunkist orange juice
2 tablespoons Sunkist lemon juice
3 egg yolks, beaten light

Sift dry ingredients, add fruit juices and egg. Cook in double boiler, stirring until thickened (10-15 minutes). Add:

2 tablespoons butter

Stir well. Cool and turn into either a baked or crumb crust pie shell. Cover with Sunkist Meringue, using 3 egg whites.

ORANGE CRUMB PIE

(See illustration on page 45)
(Makes 1 pie)

2 egg yolks, beaten
½ cup flour
¾ cup sugar
⅛ teaspoon salt

Mix well and add:

1½ cups milk
1 cup Sunkist orange juice
1 teaspoon grated Sunkist orange rind

Cook in double boiler 15 minutes, or until thickened, stirring frequently. Cool. Pour into crumb crust pie shell. Cover with Sunkist Meringue. Bake 15 to 20 minutes in a slow oven to set meringue. When cold serve if desired with whipped cream.

MAGIC LEMON MERINGUE PIE

(Makes 1 pie)

1⅓ cups (1 can) sweetened condensed (not evaporated) milk
½ cup Sunkist lemon juice
Grated rind 1 Sunkist lemon
2 egg yolks, beaten

Stir together thoroughly. (Filling will thicken as though cooked.) Pour into either a baked or crumb crust pie shell, 8-inch size. Cover with Sunkist Meringue. Brown or not as desired.

ORANGE OR LEMON COCONUT PIE

Add ½ cup grated coconut to Orange Meringue, Magic Lemon Meringue, or Lemon Meringue Pie filling, and sprinkle meringue topping with ½ cup coconut before browning.

CRUMB CRUST PIE SHELL

(Makes 1 pie shell)

Arrange row of lemon or vanilla wafers to stand around edge of pie plate. Fill spaces between wafers and cover bottom of plate with:

¾ cup wafer crumbs, rolled fine and mixed with
¼ cup melted butter

Graham cracker crumbs may replace wafers. Use 1½ cups crumbs, ½ cup sugar, ½ cup melted butter. Butter sides of pan and cover sides and bottom with crumb mixture.

LEMON MERINGUE PIE

(Makes 1 pie)

1 cup sugar
4 level tablespoons cornstarch
¼ teaspoon salt
1½ cups water (or milk)
2 egg yolks, beaten slightly

Sift dry ingredients, add water or milk and egg. Stir until dissolved. Cook in double boiler, stirring frequently, until thick (about 15 minutes). Add:

⅓ cup Sunkist lemon juice
Grated rind 1 Sunkist lemon

Beat well. Cool and turn into either a baked or crumb crust pie shell (8-inch size). Cover with Sunkist Meringue. Brown.

SUNKIST MERINGUE

(Covers 1 pie)

2 egg whites
¼ cup sugar
¼ teaspoon baking powder
1 teaspoon grated peel (orange or lemon, depending on pie)

Beat egg whites until frothy, add sugar, baking powder and rind. Continue beating until stiff. Cover pie. Put in moderate oven (325° F.) for 15 minutes to brown.

For a deeper meringue or larger pie, use 3 egg whites and 6 tablespoons sugar.

LEMON BAVARIAN CRUMB CRUST PIE

(Makes 1 pie)

Soak for 30 minutes:

12 marshmallows, cut fine, in
1 cup whipping cream

Soak also for 5 minutes:

1 tablespoon gelatine, in
¼ cup cold water

Bring to a boil:

¾ cup water, and
¾ cup sugar

Add to gelatine. Then add:

¼ cup Sunkist lemon juice

When beginning to stiffen, fold in whipping cream and marshmallows which has been beaten stiff. Pour into crumb crust pie shell. Chill. Decorate with additional whipped cream.

LEMON FLUFF PIE

(Makes 1 pie)

3 egg yolks, beaten very light
⅓ cup Sunkist lemon juice
Grated rind 1 Sunkist lemon
3 tablespoons hot water
¼ teaspoon salt
½ cup sugar

Cook in double boiler until thick. Fold into cooked mixture:

3 egg whites, beaten stiff with
½ cup sugar

Fill baked pie shell and brown in moderate oven.

LEMON CHIFFON OR SPONGE PIE

(Makes 1 pie)

Make Lemon Chiffon Pudding (see recipe, page 30). Pour uncooked mixture into 8-inch, baked pie shell. Bake 30 minutes in moderate oven (350° F.).

LEMON MINCEMEAT

(Makes 1 quart—Filling for 2 pies)

½ cup Sunkist lemon juice
1 cup raisins, scalded, drained and chopped
3 cups finely chopped apple
½ cup chopped nuts
¼ cup candied orange peel (or orange marmalade)
2 cups sugar
½ teaspoon salt
2 teaspoons cinnamon
1 teaspoon cloves
1 teaspoon ginger

Combine ingredients and seal in sterilized jars or make into pies, adding ¼ cup melted butter to each pie.

BANBURY TARTS

Put small circles of pie crust together with a spoonful of Lemon Mincemeat. Crimp edges. Bake in a quick oven.

Cakes Frostings

FOR cakes, oranges and lemons flavor filling and frosting as well as the cake batter itself. More pronounced flavor is obtained by the use of grated peel.

LEMON CAKE

(Makes 1 three-layer cake)

- ½ cup shortening
- 1½ cups sugar
- 3 eggs
- 2¼ cups flour
- 2½ teaspoons baking powder
- ⅛ teaspoon salt
- ½ cup water
- ¼ cup Sunkist lemon juice

Cream fat and sugar. Add well beaten egg yolks. Add sifted dry ingredients alternately with water and lemon juice. Fold in stiffly beaten egg whites. Bake in 3 layers in a moderate oven (375° F.) 15 to 20 minutes. When cool put together with Lemon Cream Filling, cover with Lemon Icing (see recipes, page 38).

SUNKIST FRUIT BASKETS

(See illustration on page 43)

Bake Orange Sponge Cake in muffin tins. Remove centers and fill with 1 cup Sunkist orange pieces and ½ cup crushed pineapple. Top with whipped cream, orange slices and candied cherries.

ORANGE PETITS FOURS

Bake Orange Sponge Cake in shallow pan, 325° F. for 20 minutes. Cut in small rectangles or fancy shapes. Frost with plain or Sunkist Butter Icing. Decorate with Sunkist Butter Icing, tinted with vegetable coloring and put through pastry bag. (See recipe, page 39.)

LITTLE LEMON CAKES

(See illustration on page 39)

(Makes 8-10 cakes)

- ⅓ cup shortening
- ⅔ cup sugar

Cream well. Add:

- ½ teaspoon grated Sunkist lemon rind
- 3 tablespoons Sunkist lemon juice
- 2 egg yolks, beaten

Sift together and add:

- 1¼ cups flour
- 2½ teaspoons baking powder
- ¼ teaspoon salt

Fold in:

- 2 egg whites, stiffly beaten

Bake in greased and floured muffin tins in a moderate oven (350° F.) 20 minutes. When cakes are cold, cut off tops with a sharp knife and scoop out part of inside. Fill with a spoonful of Lemon Cream Filling. Replace top of cake and ice with Sunkist Butter Icing (see recipes, pages 38-39). Sprinkle with freshly grated lemon rind.

ORANGE SPONGE CAKE

(Makes 1 small loaf cake)

- 2 egg yolks, beaten
- ¼ cup Sunkist orange juice
- 1 tablespoon Sunkist lemon juice
- ¾ cup sugar
- ¼ teaspoon grated Sunkist orange rind

Beat well. Fold in, in order given:

- 2 egg whites, stiffly beaten
- 1 cup flour, sifted with
- ¼ teaspoon soda

Bake in loaf or tube pan in moderate oven (325° F.) 35 to 40 minutes. Ice with Sunkist Butter Icing (recipe, page 39).

LEMON COCONUT CAKE

(Makes 1 three-layer cake)

Make Lemon Cake. Put together with Lemon Coconut Filling, and cover with Lemon Icing (see recipes, page 38). Sprinkle icing with coconut.

Fillings

PRIZE ORANGE COCONUT CAKE

(Makes 1 three-layer cake)

¾ cup shortening, creamed with
2 cups sugar
1½ teaspoons grated orange rind
2 egg yolks, well beaten

Blend together. Then sift:

3¼ cups cake flour (or 3 cups bread flour), sifted once
4½ teaspoons baking powder
½ teaspoon salt

Add to first mixture alternately with:

½ cup Sunkist orange juice
¾ cup water

Beat just enough to make batter smooth. Blend in:

½ cup moist, shredded coconut
4 egg whites, beaten stiff but not dry

Pour into three 9-inch cake pans, greased and floured. Bake 30 minutes in moderate oven (350° F.). Put layers together with Prize Orange Filling and cover with Orange Frosting (recipes, page 38). Sprinkle with:

¾ cup moist, shredded coconut

Decorate with orange segments.

ORANGE SHORTCAKES

For recipes, see Bread Section, page 6.

LEMON WAFERS

(Makes 7 to 8 dozen wafers)

1 cup shortening
1½ cups sugar

Cream well. Add:

3 eggs, beaten
2 tablespoons Sunkist lemon juice
1 teaspoon grated Sunkist lemon rind
5 cups flour
½ teaspoon salt

Shape dough into a roll, cover with wax paper and keep in ice box to slice and bake as needed. Bake in a quick oven (425° F.) until delicately browned. Decorate with: candied peel, coconut, nuts, raisins, or sugar.

ORANGE LAYER CAKE

(Makes 1 two-layer cake)

4 tablespoons shortening
1 cup sugar
2 eggs
1½ cups flour
2 teaspoons baking powder
⅛ teaspoon salt
½ cup Sunkist orange juice

Cream fat and sugar. Add beaten egg yolks. Mix well. Sift dry ingredients together. Add alternately with orange juice. Fold in stiffly beaten egg whites. Bake in 2 layers in a moderate oven (375° F.) for 15 to 20 minutes. Put layers together with Orange Filling and frost with Orange Frosting (see recipes, page 38). Decorate with orange segments or strips of Candied Orange Peel.

Variations: Filling may be varied by adding one of following: ¼ cup drained fresh orange cubes; 2 tablespoons Orange Marmalade; ¼ cup finely cut Candied Orange Peel; or ¼ cup cream, whipped.

ORANGE MARSHMALLOW CAKE

(Makes 1 two-layer cake)

Make Orange Layer Cake. Put together with Orange Marshmallow Filling and cover with Orange Frosting (see recipes, page 38).

BLACK-EYED SUSAN CAKE

(Makes 1 two-layer cake)

Make Orange Layer Cake. Put together with Orange Date Filling and cover with Orange Frosting. Decorate top with Sunkist orange segments to simulate flower petals, centering with chopped dates.

ORANGE COCOA CAKE

(Makes 1 two-layer cake)

Make Orange Layer Cake. Spread between layers and on top with Orange Cocoa Icing.

ORANGE FILLING

(Sufficient for 1 two-layer cake)

1 egg, beaten
6 tablespoons sugar
2½ level tablespoons cornstarch
½ cup water
½ cup Sunkist orange juice
½ teaspoon grated Sunkist orange rind

Mix well. Cook in double boiler 15 minutes, stirring frequently. Add:

1 tablespoon butter

Cool before spreading on cake.

ORANGE MARSHMALLOW FILLING

(Sufficient for 1 two-layer cake)

To Orange Filling, add 8 marshmallows, cut in bits.

ORANGE DATE FILLING

(Sufficient for 1 two-layer cake)

Add ⅓ cup chopped dates to Orange Filling.

ORANGE FROSTING

(Sufficient for 1 cake)

1 teaspoon white corn syrup
⅞ cup sugar
¼ teaspoon grated Sunkist orange rind
1 egg white
3 tablespoons Sunkist orange juice

Put in double boiler. Beat constantly with rotary beater while cooking over boiling water 6 to 7 minutes. Remove from heat, add:

½ teaspoon Sunkist lemon juice
Sprinkling of salt

Beat thoroughly and spread on cake.

PRIZE ORANGE FILLING

(Sufficient for 1 three-layer cake)

2 tablespoons flour
4 level tablespoons cornstarch
4 egg yolks, well beaten
1 cup sugar
½ teaspoon salt

Mix smooth in double boiler. Add slowly the following, stirring constantly:

½ cup Sunkist orange juice
3 tablespoons Sunkist lemon juice
¼ cup water

Add:

2 teaspoons butter
Grated rind 1 Sunkist orange

Cook over boiling water, stirring occasionally until thick (about 20 minutes). Cool. Spread between layers of cake.

LEMON CREAM FILLING

(Sufficient for 1 three-layer cake)

1 egg, beaten
1 cup sugar
4 level tablespoons cornstarch
1 cup water
½ cup Sunkist lemon juice
½ teaspoon grated Sunkist lemon rind

Mix well. Cook in double boiler 15 minutes, stirring frequently. Add:

1 tablespoon butter

Cool before spreading on cake.

LEMON COCONUT FILLING

(Sufficient for 1 three-layer cake)

Make Lemon Cream Filling and add ½ cup coconut.

LEMON ICING

(Sufficient for 1 three-layer cake)

2 cups powdered sugar
¼ cup melted butter
3 tablespoons water
1⅓ tablespoons Sunkist lemon juice
½ teaspoon grated Sunkist lemon rind

Mix all together, stirring until creamy. Spread at once.

ORANGE COCOA ICING

(Sufficient for filling and icing for 1 two-layer cake)

To Sunkist Butter Icing, add: 2 more tablespoons Sunkist orange juice, ½ cup cocoa, ¼ cup Orange Marmalade.

Dessert Sauces

ORANGE SAUCE

(Serves 6)

- Grated rind 1 Sunkist orange
- ½ cup sugar
- 2 level tablespoons cornstarch
- ⅔ cup boiling water
- 2 tablespoons butter
- 1 egg
- ⅔ cup Sunkist orange juice
- 1 teaspoon Sunkist lemon juice

Put grated orange rind, sugar and cornstarch in saucepan, mix well, pour on boiling water and cook 10 minutes, stirring constantly; then add butter. Pour mixture over well-beaten egg; return to saucepan; stir constantly, and cook 2 minutes. Add fruit juices, beat well and cool.

LEMON SAUCE

(Serves 4)

- 1 level tablespoon cornstarch
- ½ cup sugar
- 1 teaspoon grated Sunkist lemon rind
- 1 cup water

Mix. Bring to a boil. Boil 5 minutes. Remove from fire. Add:

- 2 tablespoons Sunkist lemon juice
- 2 tablespoons butter
- Sprinkling nutmeg
- Sprinkling salt

Serve hot.

Variations: Add ⅓ cup chopped dates, raisins, or marshmallows, cut in bits.

SUNKIST BUTTER ICING

(Sufficient for 1 two-layer cake or 36 rolls)

- 3 tablespoons butter
- 2 cups powdered sugar
- 2 tablespoons Sunkist lemon juice
- 2 tablespoons Sunkist orange juice
- 1 teaspoon grated Sunkist orange rind

Cream butter and sugar together. Add fruit juices and rind.

For decorative icings, color with orange, red or green vegetable coloring.

For Hard Sauce, serve with hot puddings. Very good.

Little Lemon Cakes

LEMON HARD SAUCE

(Serves 6)

- ¼ cup butter
- 1½ cups powdered sugar
- Grated rind ½ Sunkist lemon
- 2 tablespoons Sunkist lemon juice

Cream butter; add sugar while beating constantly; then add grated rind and lemon juice gradually.

LEMON WHIPPED CREAM SAUCE

(Serves 6)

- 4 tablespoons Sunkist lemon juice
- 4 tablespoons sugar
- Grated rind 1 Sunkist lemon

Combine. Let stand until thoroughly chilled, then add:

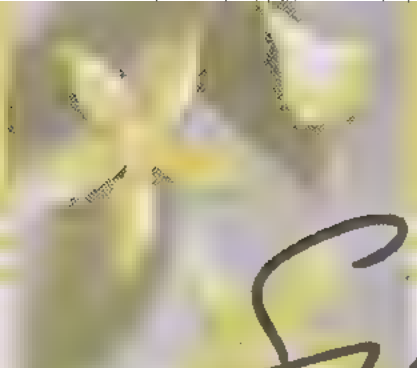
- ¾ cup whipped cream

ORANGE SABAYON SAUCE

(Serves 4-6)

- 2 egg yolks, beaten thick
- ¼ cup sugar
- 1 cup Sunkist orange juice and pulp
- Grated rind 1 Sunkist orange
- ⅓ cup hot water

Combine and cook over hot water until thickened. Serve hot.



Sunkist Menu

FRUITS, especially fresh fruits, furnish necessary and protective food elements in a most appetizing form, and should be eaten every day. Among fresh fruits available for year 'round serving are California oranges, lemons and grapefruit. These citrus fruits, moreover, are especially valuable in the daily dietary (see page 2).

Practical suggestions for including fruit in the daily menu are given below as an aid to the homemaker who plans healthful meals for her family. A good rule for her to remember and to follow is:

To serve fruit in two or more of these ways each day, being sure that oranges or lemons in fresh form are included at least once each day.

BREAKFAST

	PAGE
Orange Juice Preparation	26
Orange Breakfast Preparation	3
**Quick Breads, Waffles, Biscuits*	6-7
**Marmalades, Jam, Jelly*	9-10
Breakfast Cocktail	27

Orange juice, America's most popular breakfast service of fruit, is the ideal first course for this meal.

The customary acid-ash breakfast foods—cereals, breads, meats and eggs—while good and necessary, require the alkaline-ash balance provided by citrus fruits.

In addition, orange juice provides one of the most potent and dependable sources of the vitamin C which the body must have each day. It also stimulates appetite, often sluggish at the breakfast meal

Guide

LUNCHEON (or SUPPER) and DINNER

Fruit may be served in some form for each of the courses of the Luncheon and Dinner meals. If this form is sufficiently varied, it may without undesirable repetition even appear in several courses of the same meal.

APPETIZERS PAGE

Fruit Cocktails and Fruit Cups.....4-5
Fruit Hors d'Oeuvres..... 5
First Course Salads..... 16

FISH COURSE

Fish with Lemon Suggestions.....14

MAIN COURSE AND ENTREE

Baked Oranges for Meat Accompaniment 11
Lemon Garnishes 12
**Sauces for Meat, Fish and Fowl*.....13
Ham with Orange..... .14
Lamb Chops with Orange.... 14
Lemon with Vegetables.....15
Main Course Salads.....22-23

SALAD COURSE

Sunkist Orange Salad.....16
Orange and Grapefruit Salad.....17
Jellied Salads.....17
Winter and Summer Salads.....18-19
Salad Dressings 24-25

DESSERT COURSE

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Decorative Salads 20-21
Fruit Desserts..... 30-33
**Orange and Lemon Pies*.....34-35
**Orange and Lemon Cakes*.....36-38

BREADS

**Orange Rolls, Bread, etc*.....7

BEVERAGES PAGE

Orange Juice.....26
Lemonade and Orangeade..... .. . 27
Punches 29
Tea with Lemon..... 29

CHILD'S DIET**

The dietetic qualities of oranges and lemons make them most important in the diet of the growing child.

BREAKFAST, LUNCHEON (OR SUPPER), DINNER

(Select from dishes listed under these meals, in this guide, any of the simpler ones, suited to the age of the child.)

MID-MEAL LUNCH

Fruit is especially adapted to the mid-morning and mid-afternoon lunch given undernourished children. It stimulates the appetite for the next meal and promotes weight gain.

Orange Whole Fruit PAGE
Orange Juice 26
Lemon or Orange Egg-Nog..... .28

LUNCH-BOX SUGGESTIONS

Orange Whole Fruit (loosen peel)
Orange Juice (in thermos bottle)
Sandwich Suggestions 8
Fruit Caramels 8
Jellied Salads (pack in paper cups or jelly glasses).....17
Orange Cream Custard (pack in jelly glasses) 30
Lemon Wafers .... .37

CHILDREN'S PARTY

See page 43.

**These dishes should be supplemented with other servings of fruit.*

***For additional fruit recipes for the child's diet, together with feeding schedules for the infant and child, write for "Feeding the Child for Health," addressing: California Fruit Growers Exchange, Sunkist Building, Los Angeles, California.*

When you Entertain

DIET REDUCING

For the reducing diet, oranges and lemons supply necessary mineral and vitamin food elements in low calorie form. Suited to this diet are:

	Page
Orange Juice with Other Fruits	4
Sunkist Lemon Garnish	12

SALADS

Simple, Fruit Salads, such as Orange or Orange and Grapefruit with Mineral Oil Mayonnaise	16, 17, 25
Vegetable Salads with Lemon Juice	24

DESSERT

Sliced Oranges, Unsweetened	

Winter Orange Fruit Salad

DRINKS

Orange or Orange-Lemon Juice	26
Unsweetened Lemonade	27
Lemon with Tea	29

INVALID DIET

Citrus fruit dishes tempt sick-room appetites with dietetically valuable foods. (See page 2.)

	Page
Orange Juice	26
Sunkist Lemon Milk	28
Lemon or Orange Egg-Nog	28
Cream Orange	28
Hot Lemonade for a Cold	29
Orange Cream Custard	30
Orange Ice Cream	31
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SPECIAL REFRESHMENTS

Oranges and lemons are popular with everyone, and so are well adapted for guest service. They also lend flavor to many different types of dishes and add a decorative motif that enhances these special refreshments.

APPETIZERS

	Page
Sunkist Cocktail	4
Holiday Fruit Cup	4
Iced Orange Appetizer	5
Fruit Hors d'Oeuvres	5

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Prize Orange Coconut Cake	37

Orange Nut Whip

AFTERNOON TEA

Orange Toast 6
Lemon Tea Biscuits, etc. 7
Sandwich Suggestions 8
Candied Orange Peel 8
Marmalades 9-10
Lemon Tea Oriental 28
Tea with Lemon 29
Tea Accompaniments 29
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SPECIAL PARTY PUNCHES

Sunkist Freeze 27
Frozen Fruit Punch 29
Fruit Punch for a Crowd 29

MISCELLANEOUS

Baked Oranges for Meat Accompaniment 11

Sunkist Fruit Basket

CHILDREN'S PARTY

Orange Honey Ambrosia Salad 20
Lemonade and Orangeade 27
Frosted Orange Juice 28
Orange Ice Cream 31
Orange Jelly Party Cake 33
Orange Sponge Cake 36

HINTS FOR QUANTITY SERVINGS

In estimating foods for serving large numbers, the following may be helpful:

	Amount	*Servings*
Lemonade	½ to 1 Sunkist lemon (depending on size)	1
Orangeade	1 to 3 Sunkist oranges (depending on size)	1
Fruit Punch	1 quart (in small punch glasses)	8 to 12
Tea	⅜ cup tea with 4½ quarts water	24
Coffee	2 cups coffee with 1 gallon water	24
Lemon for Tea or Garnish	1 large Sunkist lemon (1 slice to a serving)	6 to 10
Orange for Garnish	1 Sunkist orange (1 slice to a serving)	6 to 12
Candied Peel with Tea	1 pound	12
Main Course Salads	4½ quarts (¾ cup to a serving)	24
Other Salad Courses	4½ quarts (½ cup to a serving)	36
Fruit Cocktail or Cup	3 quarts (⅓ to ½ cup to a serving)	24 to 36
Mayonnaise or Cooked Dressings	1 pint	20 to 30
French Dressing	1 pint	16 to 20
Bread and Butter	1 pound sandwich loaf, spread with ½ pound creamed butter (makes sandwiches)	16 to 18
Lemon Butter	1 tablespoon lemon juice creamed with ½ pound butter (for egg, meat, fish sandwich fillings, spreads sandwiches)	16 to 18
Orange Marmalade or Any Jelly	1 average jelly glass (spreads sandwiches)	10 to 12

Note: Any standard tested recipe such as those in this book for fruit beverages, cocktails, cups, salads or uncooked desserts may be increased to serve a larger number of people by doubling or trebling amounts of each ingredient.

Table Service

THE correct and attractive service of food whether for informal or formal occasions, for family or guests, is an important part of food preparation and meal planning. While this service will, of necessity, vary for different homes, the following rules may be helpful as a general guide.

Orange Slices for Breakfast

BREAKFAST TABLE SERVICE

Linen: White damask or checked or patterned cloths in color; heavy lace or embroidered runners or doilies. Napkins match.

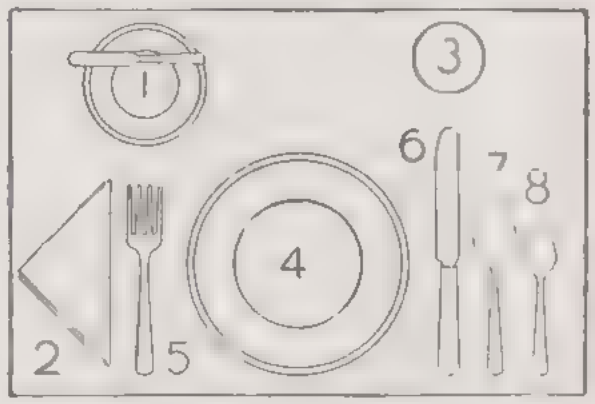
Centerpiece: Fruit bowl or flowers.

Individual Covers:

1. *Bread and butter plate, butter spreader* (For toast, muffins, bread).

2. *Napkin* (Fold lengthwise or triangle).

3. *Water goblet* or *glass* (Other beverages, milk, coffee or chocolate, go at right of plate).



4. *Breakfast plate* of medium size (Holds smaller plate on which is placed fruit first course - orange slices or segments, orange or grapefruit halves, melon slices; glass of orange juice; dish of berries or other fruit. If cereal is served, the bowl is placed directly on breakfast plate. Other foods—eggs, meat, potatoes, waffles—are served and eaten from breakfast plate).

5. 6, 7, 8. *Fork, knife, dessert spoon* (For cereal or berries), *fruit spoon* (Use with orange or grapefruit halves, melon or similar fruits). Pass teaspoons on saucer of coffee cup.

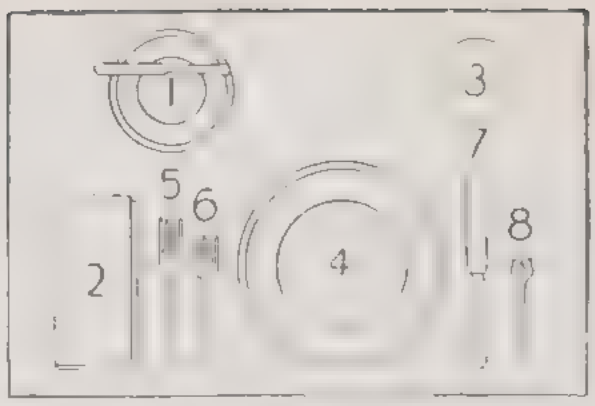
Orange and Pear Salad

LUNCHEON TABLE SERVICE

Linen: Patterned or colored cloths; for *formal*, lace or embroidered cloth or runners. Napkins match (smaller than dinner). Cloth is fine or heavy to match china.

Centerpiece: Fruit bowl or flowers, or any special decorative motif. Candles are never used.

Individual Covers:



1. *Bread and butter plate, butter spreader.*

2. *Napkin* (Fold lengthwise).

3. *Water goblet* or *glass* (For *formal*, use goblet. Place other beverages, such as tea, coffee, chocolate, fruit juice, at right of plate).

4. *Place* or *service plate* (At *formal* lunch, holds smaller plate with fruit or soup. Entree—usually eggs—and main course—meat and vegetables or other substantial dish—are served on hot plates. Salad served, and table cleared for dessert, as for formal dinner. Dessert service includes fork, spoon, finger bowl, dessert plate. For the *informal* lunch, table service accords with foods served).

Orange Crumb Pie

5, 6, 7, 8. *Fork, salad fork, knife, cocktail fork* (or *fruit spoon*). For *formal* add entree fork between 2 and 5; knife between 7 and 8.

DINNER TABLE SERVICE

Linen: Damask or fine lace or embroidered cloth or doilies. Napkins (large) match.

Centerpiece: Fruit bowl or flowers, or special motif. Candles for *formal* dinner and edible decorations such as fruit, candy and nuts in appropriate dishes.

Individual Covers (Formal, omit 1. *Informal,* omit, depending upon foods served, 5, 9, 10 or 11, 3b):

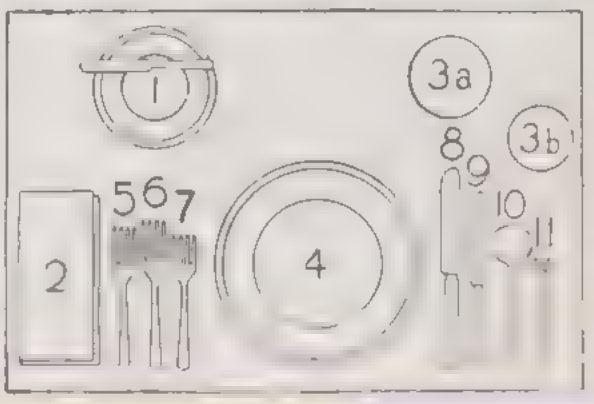
1. *Bread and butter plate, butter spreader* (Omitted at *formal* dinners, rolls and bread being served without butter and laid on the tablecloth).

2. *Napkin* (Fold lengthwise). May also be placed on plate.

3a. *Water goblet* or *glass* (Goblet for *formal*).

3b. *Smaller goblet* (For fruit cup beverage—orange juice and ginger ale, etc.).

4. *Place* or *service plate* (At *formal* dinner, holds smaller plate with appetizer grapefruit, melon, oyster or fruit or sea food cocktail—followed by soup plate. Hot plates are provided for fish or entree and main courses. Salad is served on salad plate as a separate course. All but decorations are then removed. Dessert plate holding finger bowl and dessert fork and spoon is brought in on fruit plate. The person served places bowl and silver beside plates. When dessert plate is removed, knives and forks are provided for those eating fruit, which is served on remaining plate. Hors d'oeuvres and other appetizers are served before guests come to table; coffee, demi-tasse, is usually served after guests leave table. For the *informal* dinner, table service accords with foods served).



5, 6, 7. *Entree, main course* and *salad forks.*

8, 9, 10, 11. *Main course* and *entree knives, soup spoon, cocktail fork* (or *fruit spoon*).

Index to Recipes

HOUSEHOLD USES FOR LEMONS

THE lemon is the most useful of all fruits. In addition to its food value, it has many uses in the kitchen and laundry.

To Sour Milk: Lemon juice added to sweet fresh milk or evaporated milk, will sour it suitably for cooking.

Add ¼ cup Sunkist lemon juice to 1 cup milk.

To Replace Vinegar: Lemon juice may be substituted for vinegar in any recipe that calls for the latter, except pickling.

For Stewing Dried Fruits: Add a small amount of lemon juice and grated lemon rind in stewing such dried fruits as prunes, figs, peaches and so on.

In Cooking Meats: Tough meats will be made tender by adding a teaspoon of Sunkist lemon juice to water in which they are boiled. Rub steaks with a cut lemon and brush with oil 10 minutes before cooking.

For Aluminum Ware: When aluminum ware becomes dull or black, clean with a cloth dipped in lemon juice. Then rinse in warm water.

For Copper and Brass: After juice has been extracted, dip lemon rinds in salt to clean tarnished copper or brass.

For the Hands: Immediately after dishwashing, drop a little lemon juice in the palms and rub well over hands to keep them soft and white. This also removes odors such as fish or onion.

To Remove Iron Rust, Fruit or Ink Stains: Rub the spots well with lemon, then cover with salt and place in the sun. Repeat process if necessary.

To Bleach Linen or Muslin: Moisten with lemon juice and spread on the grass in the sun.

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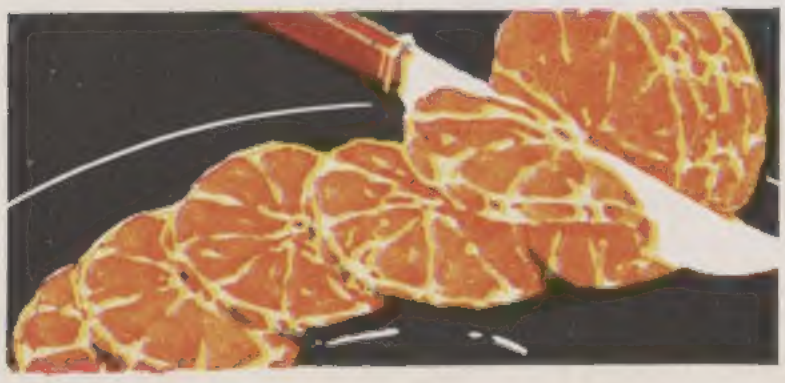

How TO BUY

ORANGES & LEMONS

THE name "Sunkist" stamped on the skin and wrapper of oranges and on the wrapper of lemons, regardless of the size of the fruit, is the guarantee of uniformly good and dependable quality. Size does not determine quality in California citrus fruits. Small fruit is equally as flavorful and juicy as the larger sizes. Judge oranges and lemons by the trade-mark, not by the dimensions.

After a thorough scrubbing, Sunkist oranges and lemons are carefully graded for quality and packed in standard boxes. Citrus fruit sizes are designated by the number of fruits to the box.

Supply and demand govern price. The thrifty housewife "shops for size" when buying oranges and lemons. Sunkist oranges are always tree-ripened. They must pass rigid maturity tests before they are picked. The color of California Valencia or summer oranges sometimes turns back to greenish at the stem end in late summer and fall months. This fruit will always prove to be fully ripe, however, and at its best for juice in these months.

California oranges and lemons are picked fresh every day in the year and are always in the market. You may rely upon them for a dependable supply and on the name "Sunkist" for uniformly good quality—regardless of size.

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At BREAKFAST- -AGAIN AT 4

All Sunkist oranges are tree-ripened. Orange juice should always be freshly extracted to retain true flavor and full health value. Serve immediately after extraction since standing impairs the delicacy which freshness gives. It is advisable to chill the fruit before extracting the juice. Place oranges in the refrigerator over night for breakfast serving. Replenish the supply for the afternoon "pick up" glass of juice. Two large glasses of fresh orange juice daily contribute to maximum well being and dental health as discovered through nutritional research. Sunkist oranges and lemons are high in vitamins C and B, and calcium, so necessary for a well-balanced diet. Look for the Sunkist trademark on the skin or tissue wrapper.